

Meatless! Vegetable Lasagna & Tossed Spinach Salad ~ choose one side item to complete your meal

Vegetable Lasagna

6 servings

- 6 Lasagna noodles
- ¾ cup Zucchini, sliced
- 1 cup Broccoli, cut into bite-size pieces
- 1 lb Mushrooms, sliced
- ¼ cup Onions, chopped
- 1 Garlic clove, minced
- 1 cup Cottage cheese, 1% low fat
- 3 Tomatoes, diced
- 1-1/2 cup Marinara spaghetti sauce
- ¾ cup Mozzarella cheese, part-skim, shredded
- 2 Tbsp Parmesan cheese, grated



Preheat the oven to 375 degrees. In a large skillet, steam zucchini, summer squash, mushrooms and onions for 5 minutes, until squash is tender crisp. Drain well. In a bowl, mix together cottage cheese, Parmesan cheese, and garlic. Using a 9 x 9 inch, square baking pan, layer lasagna like this: ¼ marinara sauce, 3 dry noodles, ½ cottage cheese mixture, 1/2 vegetable mixture, 1/2 marinara, 1/2 tomatoes, 1/2 mozzarella. Repeat layers ending with ¼ marinara sauce. Bake 45 minutes, then add remainder of mozzarella and place back into the oven until cheese melts. Let sit 10 minutes.

- Fresh crown broccoli on sale**
- Fresh onions on sale**
- Fresh tomatoes on sale**

- Part-skim mozzarella cheese on sale**
- Bagged baby spinach on sale**
- Fresh limes on sale**

Lasagna Recipe Nutrition per serving

247 calories; 17 gm protein; 16 gm carbohydrate; 6 gm total fat; 3 saturated fat; 0 trans fat; 12 mg cholesterol; 5 gm fiber; 539 sodium

To Make Tossed Spinach Salad: Place about one cup of bagged baby spinach on each salad plate. Top with cut-up fresh tomatoes. Dress with olive oil and fresh lime juice or light salad dressing.

Side Items:

- 1. Steamed Fresh Cabbage** – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.
To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.
- 2. Lemony Cauliflower or Broccoli** – Affordable, staple ingredient: Lowe's Foods Brand frozen cauliflower or broccoli spears.
To Make: Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.
- 3. Grilled Sweet Potato Chunks** – Affordable, staple ingredient: Fresh sweet potatoes.
To Make: Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.
Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.