

Vegetarian Lasagna



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What You Need

This is a great recipe for vegetarians. And non-vegetarians won't miss the meat with this delicious recipe!

Makes 8 Servings

9 whole wheat lasagna noodles
1 tbsp olive oil
1-2 cloves garlic
1 cup chopped zucchini
1 cup chopped onion
1 cup chopped red pepper
1 cup sliced mushrooms

1 can tomatoes (19 oz) crushed

2 cups tomato sauce
1 tsp basil
1 tsp oregano
1 1/2 cups 1% cottage cheese
1/2 cup parmesan cheese
8 ounces mozzarella cheese (shredded)

Per Serving

Calories 294
Carbohydrates 34 g
Protein 22 g
Fat 10 g
Dietary Fiber 6 g

How You Prepare

Cook lasagna noodles and drain. In oil brown garlic, zucchini, onion, pepper and mushrooms. Add tomatoes, tomato sauce and spices, simmer for 15 minutes. In a separate bowl combine cottage and parmesan cheese. To assemble, put 3 noodles on the bottom of a dish, pour 1/3 sauce over the noodles, then top with 1/3 cheese mixture. Repeat layering once, then top with remaining noodles and pour on remaining sauce.