

ZUCCHINI LASAGNA

From Keep the Beat: National Heart Lung & Blood Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/zucclasa.htm>

- ½ lb cooked lasagna noodles, (in unsalted water)
- ¾ cup mozzarella cheese, part-skim, grated
- 1 ½ cup cottage cheese, fat free
- ¼ cup Parmesan cheese, grated
- 1 ½ cup zucchini, raw, sliced
- 2 ½ cup tomato sauce, no salt added
- 2 tsp. basil, dried
- 2 tsp. oregano, dried
- ¼ cup onion, chopped
- 1 clove garlic
- 1/8 tsp. black pepper

Instructions

1. Preheat oven to 350°F. Lightly spray a 9 x 13 inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 tbsp Parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
5. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Makes six servings (Serving Size: 1 piece)

Nutritional information per serving (6 servings)

Calories: 276

Total Fat: 5 g

Saturated fat: 2 g

Cholesterol: 11 mg

Sodium: 380 mg



Wellness Center