

Roasted Vegetable Lasagna

Makes 12 Servings

What you need:

2 eggs
1/2 cup grated Parmesan cheese
1/2 tsp. garlic powder
4 cups low-sodium tomato sauce
3 cups low fat mozzarella cheese
2 eggplants (about 3 lbs.); quartered lengthwise, cut into 1/2" slices, roasted*
6 medium zucchini (about 3 lbs.); halved lengthwise, cut into 1/2" slices, roasted*
3 green-bell peppers; seeded and chopped, roasted*
Canola oil cooking spray
1 lb. whole-wheat lasagna noodles; cooked according to package, cooled slightly
15 oz. low fat ricotta or low fat cottage cheese
(or a combination of both)
* To Roast Vegetables: Preheat the oven to 450°F. Layer vegetables onto two baking sheets and coat both sides of the vegetables with cooking spray. Roast for 20 minutes. Toss the vegetables and continue to roast until well browned and soft, about 20 minutes more.

All you do:

1. In a medium bowl, mix together the ricotta and/or cottage cheeses, eggs, Parmesan, and garlic powder.
2. Grease a 13 x 9 x 2-inch baking pan.
3. Spread a thin layer of tomato sauce over the bottom of baking pan. Cover with a layer of pasta (noodle strips slightly overlapping). Spread with 1/3 of the ricotta mixture. Sprinkle 1/4 of the mozzarella over the ricotta. Spoon 1/3 of the roasted vegetables on top. Top with 1/2 cup of tomato sauce and continue the assembly as directed until you have 4 layers of pasta and 3 layers of filling. Spread the remaining sauce on top and sprinkle with the remaining mozzarella cheese.
4. Cover the pan with aluminum foil and bake for 30 minutes at 375°F. Uncover and continue to bake until golden and bubbly, about 15 minutes more. Let stand for 15 minutes before serving

Nutrition Information (Per Serving):

Total calories: 360, Total fat: 11g, Saturated Fat: 5g, Carbohydrate: 45g, Protein: 23g, Fiber: 11 g, Sodium: 310 mg