

# Vegetable Lasagna

A healthy version of the classic all-time favorite!!

Makes: 8 servings

Cook/Prep time: approx. 2 hours

Source: [cookingmatters.org](http://cookingmatters.org)

## Ingredients

- 1 (8-ounce) package whole wheat lasagna noodles
- 3 cups fresh spinach
- 8 ounces button mushrooms
- 1 large zucchini
- 3 cloves garlic
- 1 (6-ounce) block mozzarella cheese
- ½ teaspoon salt, divided
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon ground black pepper
- 1 (28-ounce) can tomato sauce or crushed tomatoes, no salt added
- 1 large egg
- 1 cup low-fat cottage cheese
- Non-stick cooking spray

## Directions

1. Preheat oven to 350°F.
2. Cook lasagna noodles following package directions. In a colander, drain and run under cold water until cool to the touch. Complete steps 3–9 while noodles cook.
3. Rinse spinach, mushrooms, and zucchini. Peel garlic.
4. Chop spinach. Thinly slice mushrooms. Dice zucchini into ½-inch pieces. Mince garlic.
5. Grate mozzarella cheese. Set aside ¼ cup grated cheese for topping lasagna.
6. In a medium bowl, add spinach, mushrooms, and zucchini. Stir in ¼ teaspoon of the salt. Set over a colander to drain. When completely drained, pat veggies dry with paper towels.
7. Stir garlic, basil, oregano, remaining ¼ teaspoon salt, and black pepper into canned tomatoes to make a sauce. Do this directly in the can.
8. In a medium bowl, crack egg and beat with a fork. Add cottage cheese and grated mozzarella. Mix.
9. Lightly coat a 9-by-13-inch baking dish with non-stick cooking spray. Spread ½ cup tomato sauce on bottom of dish.
10. Layer 3 noodles over sauce. Then, layer 1 cup cheese mixture, 1½ cups veggies, and ⅔ cup tomato sauce. Repeat layers 2 more times, ending with 3 noodles. Cover with remaining tomato sauce. Sprinkle reserved ¼ cup grated mozzarella over top of lasagna.
11. Bake until cheese is melted and lightly browned on top and lasagna is bubbly, about 45 minutes. Remove from oven. Let cool 10 minutes before cutting.



Small Changes,  
BIG Difference!



## Utensils Needed

- 2 medium bowls
- 9x13 inch baking dish
- Box grater
- Can Opener
- Colander
- Cutting board
- Fork
- Large Pot
- Measuring cups and spoons
- Sharp knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$15.84

Average cost/serving: \$1.98

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Low-Fat Cottage Cheese, 16 oz



Add 1 to Cart  
Spinach, 1 bunch



Add 1 to Cart  
Large Eggs, 1 dozen



Add 1 to Cart  
Zucchini, 1 Large



Add 1 to Cart  
No Salt Added Crushed Tomatoes,  
28 oz.



Add 1 to Cart  
Garlic, 1 bulb



Add 1 to Cart  
Mozzarella Cheese, 6 oz.



Add 1 to Cart  
Mushrooms, 10 oz.



Add 1 to Cart  
Whole Wheat Lasagna Noodles

## SAVE TIME, SAVE MONEY

- To cut costs, use thawed frozen spinach instead of fresh. Be sure to squeeze all excess water from spinach before using.
- Add any leftover cooked veggies to lasagna.
- Cut leftovers into single-size portions. Freeze up to 3 months in an airtight container.
- Instead of using canned tomato sauce, make your own.

## Nutrition Information

Serving Size: 1/8 of lasagna

Nutrients	Amount
Calories:	260
Total Fat:	7g
Saturated Fat:	3g
Cholesterol:	40 mg
Sodium:	440 mg
Total Carbohydrates:	35 g
Dietary Fiber:	6g
Total Sugars:	6g
Added Sugars:	0g
Protein	17g

## My Cooking Notes