

# Vegetable Lasagna

You won't miss the meat (or the calories) in this tasty lasagna.

**Servings:** 6 (1 square each)

**Carb.** Per Serving: 30g

**Prep:** 30 minutes **Bake:** 35 minutes

**Stand:** 10 minutes

6 dried whole wheat lasagna noodles  
2 medium zucchini and/or yellow summer squash  
halved lengthwise and sliced (2 1/2 cups)  
2 cups sliced fresh baby portobello mushrooms  
1/3 cup chopped onion (1 small)  
2 teaspoons olive oil  
1 cup light ricotta cheese  
1/4 cup snipped fresh Italian (flat-leaf) parsley  
3 tablespoons finely shredded parmesan cheese (1 ounce)  
2 cups purchased pasta sauce  
1 cup shredded part-skim mozzarella cheese  
(4 ounces)  
1/2 cup chopped, seeded tomato (1 medium)

1. Cook noodles according to package directions. Drain and rinse with cold water; drain well.
2. Meanwhile in large nonstick skillet, cook and stir squash, mushrooms, and onion in hot oil over medium-high heat about 5 minutes or until tender; remove from heat and set aside. In a small bowl, combine ricotta cheese, parsley, Parmesan cheese, and 1/4 teaspoon black pepper.
3. To assemble, place 3 lasagna noodles in the bottom of a 2-quart rectangular baking dish, trimming to fit as necessary. Spoon half of the ricotta cheese mixture over the noodles. Top with half of the vegetable mixture, half of the sauce, and half of the mozzarella cheese. Layer with remaining noodles, ricotta cheese mixture, vegetable mixture, and sauce.
4. Bake uncovered, in a 375°F oven 30 minutes. Sprinkle with tomato and the remaining mozzarella cheese. Bake 5 minutes more or until heated through. Let stand 10 minutes before serving. Cut into 6 squares.

**Per Serving:** 256 cal., 8 g total fat (4 g sat.fat), 24 mg chol., 456 mg sodium, 30 g carb., 6 g fiber, 16 g pro. Exchanges: 1.5 vegetable, 1.5 starch, 1 lean meat, 1 fat. Carb choices: 2

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