

All Veggie Lasagna

People often tell me you can't call something "lasagna" if it doesn't have meat. Then they try my zucchini lasagna and ask for the recipe.

—Kim Bender, Aurora, Colorado

TOTAL TIME: Prep: 20 min. Bake: 1 hour + standing

YIELD: 12 servings.

Ingredients

2 cups 1% cottage cheese
1 carton (15 ounces) reduced-fat ricotta cheese
2 tablespoons minced fresh parsley
1 jar (26 ounces) meatless spaghetti sauce
9 uncooked lasagna noodles
2 medium carrots, shredded
1-1/2 cups broccoli florets
4 ounces fresh mushrooms, sliced
1 small zucchini, thinly sliced
1 small yellow summer squash, thinly sliced
2 cups fresh spinach
2 cups shredded part-skim mozzarella cheese

Directions

1. Preheat oven to 350°. In a bowl, combine the cottage cheese, ricotta and parsley. Spread 1/2 cup spaghetti sauce in a 13x9-in. baking dish coated with cooking spray. Top with 3 noodles and a third of the cheese mixture. Sprinkle with half the carrots, broccoli, mushrooms, zucchini and squash. Top with a third of the remaining sauce.
2. Arrange half the spinach over spaghetti sauce; sprinkle with a third of the mozzarella cheese. Repeat layers of noodles, cheese mixture, vegetables, sauce, spinach and mozzarella. Top with the remaining noodles, cheese mixture, sauce and mozzarella.
3. Cover tightly and bake 45 minutes. Uncover; bake until noodles are tender, about 15 minutes longer. Let stand 15 minutes before cutting.

Nutrition Facts

1 piece: 252 calories, 6g fat (4g saturated fat), 24mg cholesterol, 759mg sodium, 27g carbohydrate (10g sugars, 2g fiber), 21g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch, 1 vegetable.

