

Vegetable Lasagna

Source: *Cooking Light*, JANUARY 2001

Servings: 6

Ingredients

1 teaspoon olive oil
3/4 cup sliced mushrooms
3/4 cup chopped zucchini
1/2 cup sliced carrot
1/2 cup chopped red bell pepper
1/2 cup thinly sliced red onion
1 (26-ounce) bottle fat-free tomato basil pasta sauce
2 tablespoons commercial pesto
1 (15-ounce) carton part-skim ricotta cheese
Cooking spray
6 hot cooked lasagna noodles (about 6 ounces uncooked), cut in half
3/4 cup (3 ounce) shredded part-skim mozzarella cheese

Instructions

Preheat oven to 375°.

Heat oil in a medium saucepan over medium heat. Add mushrooms and the next 4 ingredients (mushrooms through onion); cook for 5 minutes, stirring frequently. Add pasta sauce; bring to a boil. Reduce heat, and simmer 10 minutes.

Combine pesto and ricotta in a small bowl. Spread 1/2 cup tomato mixture in the bottom of a 8-inch square baking dish or pan coated with cooking spray. Arrange 4 noodle halves over tomato mixture. Top noodles with half of ricotta mixture and 1 cup tomato mixture. Repeat layers, ending with noodles. Spread remaining tomato mixture over noodles; sprinkle with mozzarella.

Cover and bake at 375° for 30 minutes. Uncover and bake an additional 20 minutes. Let stand 10 minutes.

Notes: To make ahead, assemble as directed; stop before baking. Cover and refrigerate overnight. Let stand 30 minutes at room temperature; bake as directed. For easy cleanup, assemble in a disposable 8-inch aluminum-foil pan. If you're making for a gift, deliver uncooked with baking instructions .

Nutritional Information: Calories: 328 (30% from fat) Fat: 10.9g (sat 5.4g, mono 3.8g, poly 0.9g) Protein: 18.2g, Carbohydrate: 39g, Fiber: 3.7g, Cholesterol: 31mg, Iron: 2.9mg, Sodium: 491mg, Calcium: 418mg