



## Easy Vegetable Lasagna

### Serving:

8-10 generous portions

### Type:

Dairy vegetarian

### Author:

adapted from a recipe by The Seasoned Mom

### Notes:

This easy vegetarian lasagna is a flexible recipe, allowing you to switch in your favorite vegetables according to your preferences and what's in season. Be sure to find no-boil lasagna noodles and you'll have one less pot to wash.

The key to getting this lasagna's texture right is in sautéing your vegetables first, so that any extra moisture evaporates. Your veggies should be dry (no extra liquid) when you stir them with the marinara sauce.

## Ingredients:

Cooking spray

2 tsp. olive oil

4 oz. mushrooms, sliced

1 zucchini, diced

1 red pepper, seeded and diced

1 small onion, diced

1 Tb. minced fresh garlic

2 cups fresh spinach leaves, rough chopped

24 oz. marinara sauce (store bought is fine)

1 egg, beaten

2 Tb. fresh parsley, chopped

3 Tb. fresh basil, chopped

16 oz. low fat cottage cheese (4%)

2 1/2 cups shredded mozzarella cheese, divided

1/2 cup parmesan cheese, divided

9 no-Boil, oven ready whole wheat lasagna noodles

## Directions:

Spray a 9 x13 casserole dish with non-stick cooking spray. Preheat oven to 450 degrees F.

Heat olive oil in a large skillet over medium heat. Add mushrooms,

zucchini, pepper, onion and garlic. Cook veggies until just tender, about 5 minutes. Add spinach, stir and cook another 2-3 minutes until spinach is wilted and liquid has evaporated.

Add the marinara sauce to the skillet with veggies, stir to combine and heat through. Turn off heat and allow to rest.

In a medium bowl, combine egg, parsley, basil, cottage cheese, 1 1/4 cups mozzarella and 1/4 cup parmesan.

Spread 1/4 cup of vegetable/marinara sauce mixture into bottom of the prepared baking dish. It will be a thin layer.

Top with 3 sheets of lasagna pasta, 1/3 of the cottage cheese mixture and another 1/4 of the sauce.

Repeat layers two more times, finishing with remaining 1 1/4 cups of mozzarella and 1/4 cup of parmesan cheese.

Spray foil with cooking spray and seal casserole tightly, sprayed side down.

Bake for 40 minutes, remove foil and bake for another 10 minutes until cheese is bubbling and lightly browned.

Allow lasagna to rest and cool slightly for a few minutes before serving.

## Tips:

Feel free to sub in other veggies you enjoy. We suggest: roasted tomatoes (roasting helps to dry them out), roasted eggplant, green or black olives (strained), jarred artichokes (strained and patted dry), shredded carrots, any variety of mushrooms including crimini, shitake, porcini (or dried porcini reconstituted).