

Vegetable lasagna

2 packages (10 oz/284 g each) frozen spinach, thawed
3 cups (750 mL) sliced zucchini
3 cups (750 mL) dry cottage cheese
2 cups (500 mL) sliced mushrooms
2 cups (500 mL) finely grated carrots
1 cup (250 mL) chopped onion
2 eggs, lightly beaten
1/4 cup (50 mL) grated Parmesan cheese
3 1/2 cups (875 mL) low-sodium tomato sauce
9 cooked lasagna noodles
4 oz (125 g) part-skim Mozzarella cheese, grated

Preheat oven to 350° F (180° C).
Spray 13 x 9-inch (3.5 L) baking pan with nonstick cooking spray.

In a large bowl, combine spinach, zucchini, cottage cheese, mushrooms, carrots, onions, eggs, and Parmesan cheese; stir to mix well. Set aside.

In bottom of prepared pan, with spatula, evenly spread 1/2 cup (125 mL) of the tomato sauce; arrange 3 lasagna noodles over sauce. Spread with half of the vegetable mixture; top with 1 cup (250 mL) of the remaining sauce. Repeat procedure, ending with 3 lasagna noodles, then the remaining 1 cup (250 mL) of sauce.

Cover with foil and bake for 45 minutes. Uncover, evenly top with mozzarella cheese.

Bake, uncovered, for 15 minutes, until cheese is melted.

Let stand for 15 to 20 minutes before cutting.

Taste-tester notes: *Vegetable lasagna feeds a crowd and is a good way to insert extra dairy and vegetables into your meal plan. This recipe as is will suit those on restricted diets, but it is much improved with a few additions. For increased flavour, I recommend adding 3 cloves minced garlic and sautéing the onion, garlic and mushrooms in 2 tsp (10 mL) olive oil for about 5 minutes or until softened before combining them with cottage cheese, eggs and other vegetables.*

As well, I found the zucchini slices did not combine very well with the vegetable mixture. Instead, keep the zucchini slices separate and simply place zucchini slices on top of each layer of vegetable mixture. In place of plain tomato sauce, I suggest a jarred pasta sauce to your liking. I also recommend seasoning the cottage cheese and vegetable mixture with salt, pepper, dried basil and pinch of nutmeg to taste.