

Easy Vegetable Lasagna

Ingredients:

- 8 ounces lasagna noodles
- 1 teaspoon vegetable oil
- 1 small onion
- 2 carrots
- 2 cloves garlic
- 1 zucchini, sliced
- 15 ounces spaghetti sauce, canned
- 1/2 teaspoon oregano
- 8 ounces ricotta cheese, part skim milk
- 20 ounces spinach, frozen (two boxes) chopped, thawed
- 8 ounces mozzarella cheese, part skim milk, shredded

Equipment:

- Cutting board
- Knife
- Non stick skillet
- 9 x 13 baking dish
- Measuring cups
- Measuring spoons
- Cheese grater

Number of Servings: 10
 Prep Time: 20 minutes
 Total Time: 1 hour & 20 minutes

Directions

1. Preheat oven to 350°F. Prepare lasagna noodle according to package directions. Set aside when done.
2. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn ¼ and slice again to make dice. Chop up any large pieces.
3. Heat non stick skillet to medium. Add 1 teaspoon olive oil. Add onions to skillet, cook until tender.
4. Starting at the small end, slice carrot into thin slices. Add to skillet.
5. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to skillet.
6. Cut off ends off the zucchini and slice into coins. Add to skillet. Sprinkle with oregano. Cook until done.
7. In 9 x 13 baking dish, spread a thin layer of spaghetti sauce over bottom until covered. Layer half the uncooked noodles, half the sautéed vegetables, half the ricotta cheese, one package spinach and half the mozzarella cheese. Pour half of spaghetti sauce on top. Repeat layers. Cook for one hour. Let rest for 5 minutes before slicing.

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Nutrition Facts	
Serving Size: 1 square	
Servings: 10	
Amount Per Serving	
Calories 256	Calories from Fat 81
%Daily Value*	
Total Fat 9g	13%
Saturated Fat 4g	20%
Cholesterol 19mg	6%
Sodium 408mg	17%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	18%
Protein 15g	29%
Vitamin A 186%	Vitamin C 37%
Iron 15%	Calcium 32%

*Percent Daily Values are based on a 2,000 calorie diet.

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