

FOOD



Easy Whole Wheat Vegetarian Lasagne

Looking for an easy and healthy vegetarian lasagna recipe? Check out some of my favorite vegetarian and vegan lasagna recipes here. Whether you're looking for a traditional Italian main dish or want to experiment with something new, there's a vegetarian lasagna recipe here that will surely do the trick.

Easy Whole Wheat Vegetarian Lasagna. Make your vegetarian lasagna just a bit healthier by using this recipe, which calls for whole wheat lasagna noodles and spinach. Even though it uses whole wheat noodles, this Italian spinach lasagna is incredibly rich and creamy as it uses plenty of mozzarella, Parmesan, and low-fat cottage cheese. Recipe courtesy of the Wheat Foods Council.

Ingredients:

- 1 8 ounce package whole wheat lasagne noodles, cooked slightly (al dente)
- 1 9 ounce package frozen raw spinach
- 1/2 cup grated Parmesan cheese
- 3 eggs
- 3 cups low-fat cottage cheese
- 3 cups pre-made or store-bought pasta sauce
- 3 cups grated low-moisture part skim mozzarella cheese

Preparation:

1. Pre-heat oven to 325 degrees. In medium mixing bowl, beat eggs; add cottage cheese and Parmesan cheese. Spray a 13 x 9-inch glass baking dish with non-stick cooking spray.
2. Put one layer of slightly cooked lasagna noodles flat across the bottom of the baking dish. Add 1/2 the leaf spinach, pressing down lightly and evenly over noodles. Top with another layer of lasagna noodles. Top this layer of noodles with the cottage cheese mixture; add the remaining spinach. Then add the last of the lasagna noodles laid evenly on top of spinach. Spread pasta sauce evenly over the top; sprinkle with mozzarella cheese. Press down lightly.
3. Cover baking dish with foil, using foil sprayed with cooking spray and keeping foil off the center of the lasagna. Secure sides tightly over baking dish.
4. Bake about 1 hour 15 minutes in oven. To lightly brown the top, remove foil for a few minutes at the end of baking time.
5. Allow to sit for 10 to 15 minutes before serving.

Servings: Provides 10 servings

Calories/Serving: 373 calories/serving

Nutrition: One serving provides approximately: 373 calories, 33 g protein, 33 g carbohydrates, 3 g fiber, 12 g fat (7 g saturated), 110 mg cholesterol, 142 mcg folate, 3 mg iron and 671 mg sodium.

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