

FOOD



Cheesy Vegetable Lasagna

A rich, cheesy lasagna loaded with vegetables. Alternately, omit all veggies except broccoli for a broccoli lasagna.

Ingredients

- *12 lasagna noodles
- *2 tablespoons olive oil
- *2 heads fresh broccoli, chopped
- *2 carrots, thinly sliced
- *1 large onion, chopped
- *2 green bell peppers, chopped
- *2 small zucchini, sliced
- *3 cloves garlic, minced
- *1/2 cup all-purpose flour
- *3 cups milk
- *3/4 cup Parmesan cheese, divided
- *1/2 teaspoon salt
- *1/2 teaspoon pepper
- *1 (10 ounce) package frozen chopped spinach, thawed
- *1 (8 ounce) container small curd cottage cheese
- *24 ounces ricotta cheese
- *2 1/2 cups shredded mozzarella cheese, divided

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Grease a 9 x 13 inch casserole dish.
2. Bring a large pot of lightly salted water to a boil. Add lasagna noodles and cook for 8 to 10 minutes or until al dente; drain.
3. Heat oil in a large cast iron skillet over medium heat. When oil is hot add broccoli, carrots, onions, bell peppers, zucchini and garlic. Saute for 7 minutes; set aside.
4. Place flour in a medium saucepan and gradually whisk in milk until well blended. Bring to a boil over medium heat. Cook 5 minutes, or until thick, stirring constantly. Stir in 1/2 cup Parmesan cheese, salt and pepper; cook for 1 minute, stirring constantly. Remove from heat; stir in spinach. Reserve 1/2 cup spinach mixture. In a small bowl combine cottage and ricotta cheeses; stir well.
5. Spread about 1/2 cup of spinach mixture in the bottom of the prepared pan. Layer noodles, ricotta mixture, vegetables, spinach mixture and 2 cups mozzarella cheese, ending with noodles. Top with reserved spinach mixture, 1/2 cup mozzarella cheese and 1/4 cup parmesan cheese.
6. Bake in preheated oven for 35 minutes, or until lightly browned on top. Cool for approximately 10 minutes before serving.

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