

## **Veggie Lasagna**

**Number of Servings: About 13** 

## Ingredient

1 pound	fresh zucchini
1 pound	fresh summer squash
¼ tsp.	Italian seasoning
¼ tsp.	black pepper
2 cups	tomato & basil pasta sauce
15 oz.	low fat ricotta cheese
2/3 cup	Italian style bread crumbs
2 cups	part skim mozzarella shredded cheese
3 cups	fresh baby spinach
1 cup	fresh basil leaves, chopped

## **Nutrients per serving**

Nutrit			
Serving Size Al	bout 3"	' x 3" Slic	e:
(173g)			
Servings Per C	ontain	er About	13
Amount Per Servin	g		
Calories 140	Cald	ories fron	n Fat 50
		% D	aily Value*
Total Fat 6g			9%
Saturated Fat 3.5g			
Trans Fat 0g	1		
Cholesterol 20	mg		7%
Sodium 370mg	9		15%
Total Carbohy	drate	13g	4%
Dietary Fiber	r 2g		8%
Sugars 4g			
Protein 11g			
Vitamin A 20%	• '	Vitamin (	C 35%
Calcium 25%	•	Iron 8%	
*Percent Daily Value diet. Your daily value depending on your o	es may b alorie ne	e higher or eds:	lower
	alories:	2,000	2,500
	ss than	65g 20g	80g 25g
	ss than	300mg	300mg
	ss than	2,400mg	2,400mg
Total Carbohydrate Dietary Fiber		300g 25g	375g 30g
		20g	30g
Calories per gram: Fat 9 • Cart	ophydrate	4 · Prot	ein 4
	- on-yanan	1101	

## Instructions

- 1. Heat the oven to 425 degrees F.
- 2. Coat two baking pans with nonstick cooking spray.
- 3. Cut all squash and zucchini in half lengthwise. Then cut each half lengthwise into 1/4" slices.
- 4. Spread squash and zucchini on pans in single layer and season with Italian seasoning.
- 5. Bake for 25 minutes, turning over once halfway through baking.
- 6. Remove from oven and set aside. Reduce oven temperature to 375 degrees F.
- 7. In a large skillet, heat pasta sauce over medium-high heat. Mix trimmed spinach into the pasta sauce.
- 8. In food processor, combine ricotta and basil. Blend until ingredients are combined and smooth.
- 9. To assemble: sprinkle 2 tablespoons bread crumbs over the bottom of the 13" x 9" baking pan. Cover the bottom of the dish with half of the zucchini and squash slices. Next, spread ricotta cheese mixture over the squash and zucchini slices. Sprinkle with 3 tablespoons bread crumbs. Top with remaining zucchini slices. Sprinkle with remaining 3 tablespoons bread crumbs. Pour pasta sauce evenly over the top.
- 10. Bake for approximately 35 minutes. Let stand for 10-25 minutes before serving.

This recipe can be part of a well balanced food plan.

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