



Rich and Creamy Zucchini Lasagna

So rich, creamy and garlicky you won't even notice that it's low fat!

Serves 6

1/2 lb. whole wheat lasagna noodles, cooked in unsalted water
3/4 C. part-skim mozzarella cheese, grated
1-1/2 C. fat free cottage cheese (or fat free ricotta cheese)
1/4 C. reduced fat Parmesan cheese, grated
1-1/2 C. raw zucchini, sliced
2-1/2 C. no salt added tomato sauce
2 tsp. basil, dried
2 tsp. oregano, dried
1/4 C. onion, chopped
2 - 3 cloves garlic, chopped
1/8 tsp. black pepper
1 Tbsp. reduced fat Parmesan cheese

- Preheat oven to 350 °F. Lightly spray 9- by 13-inch baking dish with vegetable oil spray.
- In medium bowl, combine mozzarella, Parmesan and cottage cheese. Mix well and set aside.
- Combine tomato sauce with remaining ingredients, except 1 Tbsp. Parmesan. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
- Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and 1 Tbsp. Parmesan cheese. Cover with aluminum foil.
- Bake for 40 - 45 minutes, uncover the last 10 minutes. It should be bubbly in the center. Cool for 10-15 minutes before serving.

Nutritional information:

Total Calories: 280	Total Fat: 4.6g
Saturated Fat: 2.5g	Carbohydrates: 43g
Dietary Fiber: 5.2g	Protein: 18g