Veggie Lasagna
MAKES 8 SERVINGS

Ingredients:
1 (16-ounce) package lasagna noodles
½ tablespoon extra-virgin olive oil
1 large yellow onion, chopped
2 carrots, peeled and grated
1 medium zucchini, chopped
1 (4-ounce) can sliced mushrooms
3 lightly packed cups fresh spinach
1 (16-ounce) container low-fat cottage cheese
5 cups tomato sauce
1 ½ cups shredded reduced-fat mozzarella cheese

Preparation:
1. Preheat oven to 350°F.
2. Bring a large pot of water to a boil. Salt the water and add the noodles; cook until they are pliable but only half cooked, 4–5 minutes. Remove the noodles from the water and place them in a bowl of cold water to stop the cooking.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onion, carrots, and zucchini and sauté until the onion is translucent, about 3 minutes. Add the mushrooms and continue to sauté until they begin to soften, about 3 minutes. Add the spinach and cook about 3 minutes longer, until it wilts and shrinks.
4. Add cottage cheese and cook for 5 minutes, until the flavors are well mixed. Season to taste with salt and pepper. Remove from the heat and drain any excess liquid from the pan.
5. Spread a thin layer of tomato sauce in a large lasagna pan. Place a layer of noodles on top of it, followed by a layer of cheese and then a layer of the sautéed vegetables. Repeat until the dish is almost full. Top with a layer of noodles covered with a layer of cheese. Cover with aluminum foil and bake for 40 minutes.

Nutrition:
Per serving: 390 calories; 10 g fat; 22 g protein; 5 g fiber.