



# VEGGIE LASAGNA

*Cold nights don't stand a chance against this ultimate comfort food. This lasagna makes enough feed a crowd or can last all week for stress-free dinners.*



- 1 (16-ounce) package lasagna noodles**
- 1/2 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 cups fresh spinach, lightly packed**
- 1 (16-ounce) container low-fat cottage cheese**
- 5 cups tomato sauce**
- 1 1/2 cups shredded reduced-fat mozzarella cheese**

- 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.

(instructions continued on next page)



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- 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.
- 6. Cover** with aluminum foil and bake for 40 minutes. Serve immediately.



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