

Vegetable Lasagna

Prep Time: 30 minutes, Cook Time: 1-hour

Total Time: 1 hour 30 minutes

Servings: 8

Ingredients:

- 14 lasagna noodles
- 2 Tbsp olive oil
- 1 cup chopped onion
- 1 Tbsp minced garlic
- 1/8 tsp crushed red pepper flakes
- 2 medium zucchini, cut into ½ inch pieces
- **One (12 oz) jar roasted red peppers, drained and cut into ½ inch pieces**
- 1 (28 oz) can crushed tomatoes
- Handful of fresh basil leaves
- 1 (15 oz) container ricotta cheese
- 2 large eggs
- 2/3 cup grated parmesan cheese
- 2 cups shredded mozzarella cheese
- Salt and pepper to taste



Source: *Inspired Taste*

Note: This recipe requires 4-5 cups of chopped vegetables. Feel free to make substitutions and mix it up. Try adding mushrooms, spinach, or carrots. Really any vegetables you like!

Directions:

1. Preheat oven to 400 F, and lightly spray a 13 inch x 9 inch baking dish.
2. Cook lasagna noodles according to package. Drain and lay on flat aluminum pan.
3. Add olive oil, garlic, and fresh vegetables to skillet. Place over medium heat, stirring occasionally until al dente (~ 10 minutes).
4. Add roasted peppers and crushed tomatoes to skillet. Bring to a low simmer for 5-8 minutes until the liquid has thickened. Add basil and stir. Set vegetable mixture aside.
5. **In a bowl, stir together ricotta cheese, eggs, and ½ tsp of salt.**
6. Combine parmesan cheese with mozzarella cheese.
7. Assemble the lasagna by pouring 1 cup of the vegetable mixture into the bottom of your baking dish. Place 4 lasagna noodles on top. Spread 1/3 of the ricotta mixture over the noodles, and sprinkle 1/3 of your parmesan and mozzarella. Repeat this layering until all noodles and mixtures have been used.
8. Cover the lasagna with foil and bake for 20 minutes. Uncover and bake an additional 15 minutes.
9. Let rest for 10-15 minutes before serving.

Nutrition (per 1/8th of lasagna):

Calories 381, Fat 21 g, Saturated Fat 11 g, Cholesterol 104 mg, Carbohydrates 28 g, Total Sugars 7 g, Protein 21 g, Fiber 4 g, Sodium 773 mg