

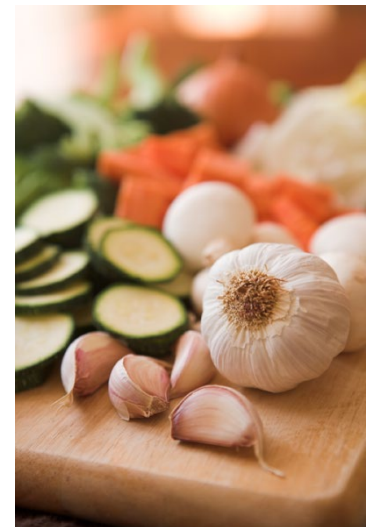


### Healthy Eating Initiative: Vegetable Lasagna

This Vegetable Lasagna is packed with healthy veggies, including mushrooms, onions, zucchini and spinach. It's a perfect meatless main dish if you're craving cheesy, hearty comfort food! The dish provides 12 delicious servings.

#### INGREDIENTS

- 2 tablespoons of olive oil
- 1 ½ cups of chopped yellow onion
- 1 chopped red bell pepper
- 8 ounces of chopped cremini mushrooms
- 2 medium zucchinis chopped into ½ -inch pieces (you can substitute with yellow squash if you prefer)
- 1 eggplant, skinned and chopped into ½ inch pieces
- 4 cloves of minced garlic
- 48 ounces of marinara sauce
- 1 teaspoon of dried Italian seasoning
- Salt and pepper to taste
- 2 pinches of crushed red pepper flakes, or to taste
- ¼ cup of chopped fresh parsley
- 5 ounces of baby spinach, coarsely chopped
- 1 egg
- 1 cup of ricotta cheese (8 ounces)
- 9 oven-ready (no boil) lasagna noodles
- 16 ounces of shredded mozzarella cheese (about 4 cups)
- ½ cup of grated Parmesan cheese



#### INSTRUCTIONS

1. Preheat oven to 375°F.
2. Heat the olive oil in a large skillet or Dutch oven pot over medium-high heat. Add the onion, bell pepper, mushrooms and squash. Cook until softened (7-8





minutes), stirring occasionally. Add the minced garlic and cook, stirring, for 30 seconds.

3. Add the marinara sauce, Italian seasoning, salt, pepper, and red pepper flakes to the skillet and stir. Bring to a simmer and then reduce the temperature to low. Cook at a low simmer for 10-15 minutes, stirring occasionally. Then stir in the chopped spinach.
4. While the sauce simmers, crack the egg into a medium bowl and beat lightly with a fork. Add the ricotta cheese and stir to combine.
5. To assemble the lasagna, put about 1 cup of the sauce into a 9x13-inch baking dish. Lay your noodles in an even layer over the sauce. Spread 1/3 of the remaining sauce over the noodles. Place small spoonfulls of the ricotta and egg mixture on top of the sauce. Sprinkle 1/3 of the mozzarella and 1/3 of the Parmesan over the top.
6. Repeat step 5 for your second layer. For the top layer of the lasagna, use the remainder of your noodles, the rest of the sauce, and the remainder of the mozzarella and Parmesan.
7. Cover the lasagna with a piece of foil that has been sprayed with cooking spray to prevent the cheese from sticking to the foil.
8. Bake the lasagna in the center of the oven for 35 minutes. Then uncover and continue baking for 10 to 15 minutes more, or until the lasagna is hot and bubbling on the sides and the cheese is lightly browned on top. Let the lasagna rest for 15 minutes before serving. Do not skip the rest time, or the lasagna will be too soupy when serving.



**Servings:** 12  
**Total Carbs:** 23 grams  
**Protein:** 17 grams  
**Prep time:** 45 minutes  
**Cook time:** 50 minutes

**Rest time:** 15 minutes  
**Calories:** 293 calories  
**Total carbs:** 23 grams  
**Protein:** 17 grams

Recipe credit: Wendy Polisi <https://wendypolisi.com/veggie-lasagna/>

