

Roasted Vegetable Lasagna

VEGETABLES:

			1/4	cup	chopped fresh basil
4	each	red bell peppers	1	tsp	dried oregano
1	tsp	Olive oil	WHITE SAUCE:		
1/2	tsp	salt	3	Tbsp	all-purpose flour
1/2	tsp	black pepper	1 1/2	cups	2% reduced-fat milk
6	each	yellow squash, halved lengthwise and cut into 1-inch pieces (about 1 1/2 pounds)	2	Tbsp	chopped fresh basil
1	each	large onion, cut into 16 wedges	1/4	tsp	black pepper
4	cloves	garlic, minced			Cooking spray
			9	each	cooked lasagna noodles
			2	cups	spinach leaves, divided
			1/2	cup	(2 ounces) shredded part-skim mozzarella cheese
					Fresh basil sprigs (optional)
CHEESE MIXTURE:					
2	cups	2% low-fat cottage cheese			
1 1/2	cups	(6 ounces) grated sharp provolone cheese			



Procedure

- 1 Preheat broiler.
- 2 To prepare vegetables, cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel; set aside.
- 3 Preheat oven to 450°.
- 4 Combine oil, salt, 1/2 teaspoon black pepper, squash, and onion on a baking sheet; toss well. Bake at 450° for 20 minutes. Remove from oven; combine squash mixture and garlic in a bowl.
- 5 Decrease oven temperature to 375°.
- 6 To prepare cheese mixture, combine cottage cheese and next 3 ingredients (cottage cheese through oregano) in a bowl.
- 7 To prepare white sauce, place flour in a medium saucepan. Gradually add milk; stir with a whisk. Place over medium heat. Cook until thick; stir constantly. Remove from heat; stir in 2 tablespoons chopped basil and 1/4 teaspoon black pepper.
- 8 Spread 1/4 cup white sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over sauce; top with 1 1/4 cups cheese mixture, 1 cup spinach, 4 bell pepper halves, 2 cups vegetable mixture, and 1/4 cup white sauce. Repeat layers, ending with noodles. Spread remaining white sauce over noodles. Cover and bake at 375° for 15 minutes. Uncover; sprinkle with mozzarella cheese. Bake an additional 20 minutes. Garnish with basil sprigs, if desired.

Servings: 9

Nutrition Facts

Serving size: 1/9 of a recipe.

Amount Per Serving	
Calories	275
	% Daily Value
Total Fat 9.1g	14%
Cholesterol 24mg	8%
Sodium 564mg	24%
Total Carbohydrates 29.3g	10%
Fiber 2.9g	12%
Protein 19.3g	39%

Recipe Type

Pasta, Vegetarian

Source

Source: Cooking Light

Web Page: www.myrecipes.com/recipe/roasted-vegetable-lasagna-1

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Author Notes

Use a sharp, potent cheese in this dish for the most flavor. Parmesan, Romano, Asiago, or sharp cheddar will all work as well in the filling. Stick to mozzarella for the top, however, as it melts and browns the best. For extra browning, place the lasagna under the broiler for a minute or two at the end of cooking.

Images



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Lunch