



Zucchini lasagna

Try this healthy version of a classic comfort food.

Ingredients

1/2 lb lasagna noodles, cooked in unsalted water

3/4 c mozzarella cheese, part-skim, grated

1 1/2 c cottage cheese*, fat free

1/4 c Parmesan cheese, grated

1 1/2 c zucchini, raw, sliced

2 1/2 c tomato sauce, no salt added

2 tsp basil, dried

2 tsp oregano, dried

1/4 c onion, chopped

1 clove garlic

1/8 tsp black pepper

*Use unsalted cottage cheese to reduce the sodium content to 196 mg per serving.

In each serving¹:

Yield: 6 servings; serving size: 1 piece

Calories: 276

Total fiber: 5 g

Total fat: 5 g

Protein: 19 g

Saturated fat: 2 g

Carbohydrates: 41 g

Cholesterol: 11 mg

Potassium: 561 mg

Sodium: 380 mg

Directions

1. Preheat oven to 350° F. Lightly spray 9 x 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8 cup mozzarella and 1 tbsp Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering.
6. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
7. Bake for 30-40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Healthy tip:

Substitute whole-grain noodles to sneak in extra fiber and a serving of whole grains.



Sources:
1nih.gov, NIH Publication No. 03-5227, February 2003