

Vegetarian Lasagna

Karen Storozuk

Ingredients:

28 oz. can tomatoes
14 oz. can tomato sauce
2 onions, chopped
3 cloves garlic, minced
2 ½ cups chopped mushrooms
1 large green pepper, chopped
2 tsp sugar
2 tsp thyme
2 tsp salt
12 lasagna noodles (whole grain, if possible)
2/3 cup grated Parmesan cheese
2 cups low fat cottage cheese
1 egg, lightly beaten
1 tsp oregano
2 cups grated low fat mozzarella
Ground pepper to taste

Steps:

Combine tomatoes, tomato sauce, onions, garlic, sugar, basil, thyme, 1 teaspoon of salt, mushrooms, green pepper, and ground pepper in a large saucepan. Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally for 30 minutes. Cook lasagna noodles as directed on the box. Combine Parmesan cheese, egg, oregano, 1 teaspoon of salt and pepper to taste in bowl. Mix well and set aside.

In a 9-13 inch pan, spoon just enough sauce to cover the bottom of the pan. Lay 3 lasagna noodles in the pan, add a layer of sauce. Add another layer of noodles. Now place cottage cheese mixture on top and add another layer of sauce. One more layer of noodles and the last of sauce. Top with mozzarella cheese and bake at 350°F for 45 minutes.

