

# Roasted Vegetable Lasagna

Makes 12 Servings Estimated Cost per Serving: \$1.90

- 2 eggs
- 1/2 cup grated **Parmesan** cheese
- 1/2 tsp. **garlic powder**
- 4 cups low-sodium **tomato sauce**
- 3 cups low fat **mozzarella** cheese
- 2 **eggplants** (about 3 lbs.);  
quartered lengthwise, cut into 1/2" slices, roasted\*
- 6 medium **zucchini** (about 3 lbs.);  
halved lengthwise, cut into 1/2" slices, roasted\*
- 3 **green-bell peppers**; seeded and chopped, roasted\*
- Canola oil cooking spray**
- 1 lb. whole-wheat **lasagna noodles**;  
cooked according to package, cooled slightly
- 15 oz. low fat **ricotta** or low fat **cottage cheese**  
(or a combination of both)



\* **To Roast Vegetables:** Preheat the oven to **450°F**. Layer vegetables onto two baking sheets and **coat** both sides of the **vegetables** with **cooking spray**. Roast for **20 minutes**. **Toss** the vegetables and **continue to roast** until well **browned** and **soft**, about **20 minutes more**.

## Directions:

- 1) In a medium bowl, **mix** together the **ricotta** and/or **cottage cheeses**, **eggs**, **Parmesan**, and **garlic powder**.
- 2) Grease a **13 x 9 x 2-inch** baking pan.
- 3) Spread a thin layer of tomato **sauce** over the bottom of baking pan. Cover with a layer of **pasta** (noodle strips slightly overlapping). Spread with **1/3** of the **ricotta mixture**. Sprinkle **1/4** of the **mozzarella** over the ricotta. Spoon **1/3** of the roasted **vegetables** on top. Top with **1/2 cup** of tomato **sauce** and **continue** the assembly as directed until you have **4 layers of pasta** and **3 layers of filling**. Spread the **remaining sauce** on top and **sprinkle** with the **remaining mozzarella cheese**.
- 4) **Cover** the pan with aluminum **foil** and **bake** for **30 minutes** at **375°F**. **Uncover** and continue to **bake until golden and bubbly**, about 15 minutes more. **Let stand** for **15 minutes** before serving

## Nutrition Information (Per Serving):

Total calories: 360    Total fat: 11g    Saturated Fat: 5g    Carbohydrate: 45g  
Protein: 23g    Fiber: 11 g    Sodium: 310 mg

## Food For Thought:

**Eggplants** provide a **meaty texture** to this dish, while contributing **less than 20 calories** per 1/2 cup (cooked). **Zucchini**s are also very **low** in **calories** and provide a **good source** of **vitamin C**. The **tomato sauce** in this dish is **high in** the antioxidant **lycopene**. Recent studies indicate that lycopene may **reduce** the **risk of** prostate cancer, cervical cancer, and lung **cancer**.

To learn more about this amazing antioxidant visit <http://www.lycopene.org>

Recipe provided by Maria Roberts, student intern 1/08; modified from recipe found at [www.aicr.org](http://www.aicr.org)

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