

Vegetable Lasagna

Ingredients

2 t Olive Oil	8 oz Mushrooms (sliced)
1 Zucchini (diced)	1 Green Bell Pepper
1 Onion (diced)	5 clv Garlic (minced)
1 Egg	2 T Parsley (chopped)
2 t Dried Basil	15 oz Ricotta
2 1/4 c Mozzarella Cheese	1/2 c Parmesan
24 oz Marinara Sauce (or 2 1/2 cups)	
9 Lasagna Noodles (no-boil)	1 1/4 t Salt
3/4 t Ground Black Pepper	1/4 t Nutmeg

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Instructions

1. In a large skillet heat oil over medium-high heat. Add mushrooms, zucchini, bell pepper, onion, and garlic. Season with 1 teaspoon salt and 1/2 teaspoon pepper and cook the veggies just until tender, about 3-5 minutes. Stir the marinara sauce into the skillet then turn off heat and allow to cool.
2. Spray a 9 x 13-inch baking dish with cooking spray and set aside. In a medium bowl stir together egg, parsley, dried basil, nutmeg, 1/4 teaspoon salt, 1/4 teaspoon pepper, ricotta, 1 1/4 cups mozzarella, and 1/4 cup Parmesan.
3. Preheat the oven to 400 degrees F. Spread 1/4 of the marinara-vegetable sauce mixture in a thin layer in the bottom of the prepared baking dish. Top with 3 no-boil lasagna noodles (or as many as you need to cover a single layer in the dish), 1/4 of the ricotta mixture, and another 1/4 of the sauce mixture.
4. Repeat layers two more times. Finish with remaining 1 cup of mozzarella and 1/4 cup of Parmesan cheese on top. Cover with a piece of foil sprayed with cooking spray.
5. Bake for 45 minutes. Remove foil, and bake for another 15 minutes (or until heated through and cheese on top is browned). Let stand for about 10 minutes before slicing and serving.