

# Zucchini Lasagna



## Ingredients

- ½ pound lasagna noodles, cooked in unsalted water
- ¾ cup part-skim mozzarella cheese, grated
- 1 ½ cups fat-free cottage cheese
- ¼ cup Parmesan cheese, grated
- 1 ½ cups raw zucchini, sliced
- 2 ½ cups no salt added tomato sauce
- 2 teaspoons basil, dried
- 2 teaspoons oregano, dried
- ¼ cup onion, chopped
- 1 clove garlic
- 1/8 teaspoon black pepper

## Nutrition Facts

Serving size: 1 piece

Calories: 276  
(16% from fat)

Fat: 5g (saturated 2g)

Carbohydrate: 41g

Protein: 19g

Cholesterol: 11mg

Fiber: 5g

Sodium: 380mg

Serves 6

## Preparation

Preheat oven to 350°. Lightly spray 9" x 5" baking dish with vegetable oil spray.

In a small bowl, combine 1/8 cup mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.

Combine tomato sauce with basil, oregano, onion, garlic, and black pepper. Spread thin layer of tomato sauce in bottom of baking dish. Place 1/3 of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini.

Repeat layering. Add thin coating of sauce. Top with noodles, sauce and reserved cheese mixture. Cover with aluminum foil and bake for 30-40 minutes. Cool for 10-15 minutes.

Divide evenly on 4 warmed plates.

Source: *Keep the Beat Cookbook; National Heart, Lung, and Blood Institute*  
Picture may not represent actual recipe.

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