

Lasagna - Vegetable
Rachel McCormick - DFAIT/MAECI

Ingredients:

- 1 ¼ cups of Mozzarella,
- 1- 15 oz container of ricotta
- One Tablespoon of Parmesan
- 2 large cans/bottles tomato sauce
- 1 ½ packages of Oven Ready Lasagne noodles
- 2 Tsp Olive Oil
- 1 Cup chopped Onion
- 2 Cups Mushrooms
- 4 cloves of minced Garlic
- 1 Cup shredded carrot
- 1 Cup Zucchini
- 1 Cup Broccoli
- 1 Cup Red Pepper
- Basil and Oregano
- One 10 oz package of frozen Spinach

Instructions:

STEP 1: Prepare Cheese Mixture:

- Blend Mozzarella, ricotta, and Parmesan together

STEP 2: Prepare Veg Mixture:

- Heat oil in a large fry pan
- Cook Onions, Red Pepper, Carrots and Garlic for 3 minutes
- Add remaining veg, except Spinach, and cook for 5 minutes, stirring regularly
- Remove from Heat and add Spinach

STEP 3: Prepare Layers in glass Pyrex dish:

- Just cover bottom with Sauce
- Add layer of noodles, sauce
- Add layer of ½ of cheese mix
- Add layer of ½ of veg mixture
- Add layer of sauce
- Add layer of noodles
- Add layer of ½ of cheese mix
- Add layer of ½ of veg mixture
- Cover top with sauce

STEP 4: Cook and Serve:

- Cook Covered for 40 minutes at 350
- Cook Uncovered for 30 minutes
- Let stand 10 minutes and serve