



## **Cooking Light** **Colorful Vegetable Lasagna**

### **Ingredients**

Cooking spray  
1 cup chopped red bell pepper (about 1 medium)  
1 cup chopped yellow bell pepper (about 1 medium)  
1 cup chopped onion  
4 medium zucchini, halved lengthwise and thinly sliced (about 5 cups)  
2 (8-ounce) packages presliced cremini mushrooms  
3 garlic cloves, minced  
2 cups (8 ounces) shredded part-skim mozzarella cheese, divided  
1 1/2 cups fat-free ricotta cheese  
1/2 cup (2 ounces) grated fresh Parmesan cheese, divided  
1 large egg  
5 cups Basic Marinara, divided  
**12 precooked lasagna noodles (about 8 ounces)**

### **Preparation**

Preheat oven to 350°.

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add bell peppers, onion, zucchini, and mushrooms; sauté 10 minutes or until vegetables are crisp-tender and mushroom liquid evaporates. Add garlic; sauté 30 seconds.

Combine 1 1/2 cups mozzarella, ricotta, 1/4 cup Parmesan, and egg, stirring well.

Spread 1 cup Basic Marinara over bottom of a 13 x 9-inch baking dish coated with cooking spray; top with 3 noodles. Spoon 1 cup Basic Marinara evenly over noodles. Top evenly with one-third of ricotta mixture and one-third of vegetable mixture. Repeat layers twice, ending with noodles. Top with remaining 1 cup

Basic Marinara. Sprinkle evenly with remaining 1/2 cup mozzarella and remaining 1/4 cup Parmesan. Cover and bake at 350° for 45 minutes. Uncover and bake an additional 10 minutes or until cheese melts. Let stand 10 minutes.

Yield

8 servings (serving size: 1 piece)

Nutritional Information

CALORIES 378(27% from fat); FAT 11.4g (sat 5.4g,mono 4g,poly 1g); PROTEIN 22.9g; CHOLESTEROL 55mg; CALCIUM 434mg; SODIUM 667mg; FIBER 5.9g; IRON 2.6mg; CARBOHYDRATE 46.5g

Bruce Weinstein , Cooking Light, OCTOBER 2007