

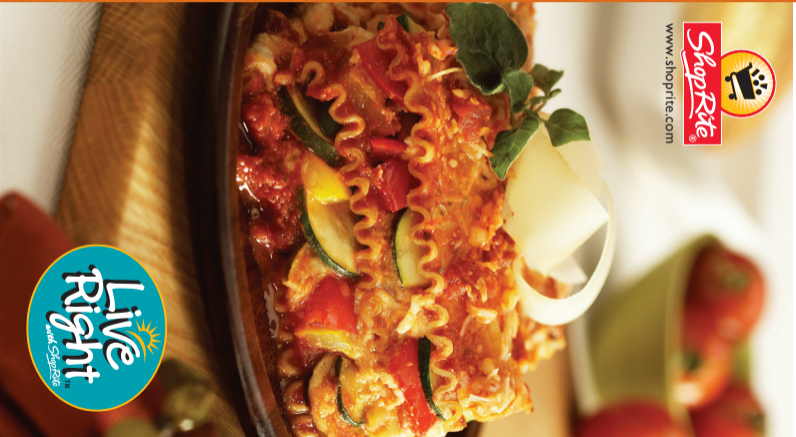
Right for Tonight™ Healthy Meals

Vegetable Lasagna



ShopRite®

www.shoprite.com



Vegetable Lasagna

Prep Time: 25 minutes **Cook Time:** 1 hour, 10 minutes*

Easy Recipe:

- 2 tbsp. **ShopRite Imported extra virgin olive oil**
- 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-oz.) pkg. sliced baby bella mushrooms
- 3 garlic cloves, minced
- 2 cups shredded reduced-fat mozzarella (8 oz.), divided
- 1½ cups **ShopRite fat-free ricotta**
- ½ cup grated fresh Parmesan (2 oz.), divided
- 2 egg whites
- 2 tsp. dried oregano
- 5 cups reduced-sodium marinara sauce, divided
- 12 cooked semolina or whole-wheat lasagna noodles (8 oz.)

Easy Steps:

1. Preheat oven to 350°F. In a large sauté pan heat oil over medium-high heat. Add bell peppers, onion, zucchini and

mushrooms; sauté 10 minutes or until vegetables are crisp-tender and liquid evaporates. Add garlic; sauté 30 seconds.

2. In a medium bowl combine 1½ cups of the mozzarella, ricotta, ¼ cup of the Parmesan, egg whites and oregano. Season with pepper to taste. Set aside.
3. Spread 1 cup of the marinara in a 13x9-inch baking dish coated with nonstick cooking spray. Top with 3 noodles. Spoon 1 cup marinara evenly on noodles. Top evenly with one-third of the ricotta mixture and one-third of the vegetable mixture. Repeat layers twice, ending with noodles. Top with remaining 1 cup marinara.
4. Cover and bake 45 minutes. Uncover; sprinkle evenly with remaining ½ cup mozzarella and remaining ¼ cup Parmesan, and bake 15 minutes more. Let stand 15 minutes before serving.

Serves 10

Per Serving: 280 calories, 9g fat, 3g saturated fat, 0g trans fat, 20mg cholesterol, 360mg sodium, 35g carbohydrate, 4g fiber, 17g protein

*15 minutes stand time extra

Make it a meal: Serve with a mixed greens salad.



© 2010 All rights reserved by INTEGRATED MARKETING SERVICES, Apopka, FL. INTEGRATED and/or retailer will not be held liable for any adverse reactions due to the preparation and/or consumption of this dish, whether related to allergies, medical conditions or other causes. The nutritional values and information provided are approximations. Printed in the USA with vegetable-based inks. 11/14/10 VegLasagna