

Heart Healthy Recipe

ENTREES

Zucchini Lasagna

Say “Cheese,” because this healthy version of a favorite comfort food will leave you smiling.

- 1/2 lb lasagna noodles, cooked in unsalted water
- 3/4 c mozzarella cheese, part-skim, grated
- 1 1/2 c cottage cheese*, fat free
- 1/4 c Parmesan cheese, grated
- 1 1/2 c zucchini, raw, sliced
- 2 1/2 c tomato sauce, no salt added
- 2 tsp basil, dried
- 2 tsp oregano, dried
- 1/4 c onion, chopped
- 1 clove garlic
- 1/8 tsp black pepper

1. Preheat oven to 350° F. Lightly spray 9- x 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering.
6. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
7. Bake for 30-40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Yield: 6 servings Serving size: 1 piece

Each serving provides: Calories: 276 Total fat: 5 g Saturated fat: 2 g Cholesterol: 11 mg Sodium: 380 mg Total fiber: 5 g Protein: 19 g Carbohydrates: 41 g Potassium: 561 mg

**Use unsalted cottage cheese to reduce the sodium content to 196 mg per serving.*

