

- » 5 lasagna noodles
  - » 1/2 cup broccoli florets, chopped
  - » 1/2 cup grated carrots
  - » 1/2 cup zucchini, chopped
  - » 1/4 cup water
  - » Nonstick vegetable cooking spray
  - » 1 tbsp olive oil
  - » 1/2 cup onion, chopped
  - » 1/2 cup green bell pepper, chopped
  - » 3 cloves garlic, minced
  - » 1/2 tsp dried oregano
  - » 1 cup mushrooms, sliced
  - » 1 (15 1/2-oz) jar marinara sauce
  - » 1 egg
- » 1 cup low-fat cottage cheese
  - » 1/4 tsp salt
  - » 6 tbsp grated Parmesan cheese
  - » 1 cup (4 oz) shredded part-skim mozzarella cheese

## Nutritional Content

Per Serving

Calories	452 cal	Cholesterol	77mg
Protein	29g	Sodium	1621mg
Carbohydrate	40g	Calories from Fat	33%
Fat	17g	Fiber	8g
Saturated Fat	6g		

Preheat oven to 350F. Prepare noodles according to package directions, without salt or fat. Drain water and set aside. In a small skillet, add chopped broccoli florets, grated carrots, chopped zucchini, and water. Bring to a boil; cover and turn off heat (as an option you can microwave the vegetables in a covered casserole dish for 7 to 8 minutes). In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil, chopped onion, green bell pepper, garlic, oregano, and mushrooms. Sauté 3 to 4 minutes and add marinara sauce. Lower heat and simmer for 2 minutes and then turn off heat. In a large bowl mix the cooked vegetables, egg, cottage cheese, salt, and Parmesan cheese. Cut noodles in half crosswise. In an 8" or 9" square baking dish, spread 1/2 cup sauce on the bottom. Top with half the noodles, half the cheese mixture, and half the sauce. Repeat layers, cover, and bake 45 minutes. Sprinkle with mozzarella cheese. Bake uncovered 2 to 3 minutes. Let stand 5 minutes before serving. Serves 4.