

**THE
KITCHEN
WITCH**



**Heather McNally
Portland-on-the-Ridcau**

Spring - Diet Time

A delicious Pol Martin Recipe, 427 calories per serving, 10/12 servings

VEGETABLE LASAGNA

- 2 TB vegetable oil
- 2 onions, chopped
- 2 cloves, garlic, minced
- ½ lb mushrooms, sliced
- 1 green pepper, chopped
- 1 can (28oz./796 ml) plum tomatoes
- 1 can (14oz./398 ml) tomato sauce
- 2 carrots, shredded
- ¼ cup chopped fresh parsley
- 1 tsp each dried basil and oregano, sugar, salt & pepper to taste
- pinch crushed dried chillies
- 1 pkg (10oz./284g) spinach
- 9-15 lasagna noodles, depending on size
- 2 eggs
- 1 lb low fat Ricotta cheese
- pinch grated nutmeg
- 1 lb partly skimmed mozzarella cheese, shredded
- 1 cup grated Parmesan cheese

Saute onions, garlic, mushrooms and pepper in oil. Cook for 5 minutes. Add tomatoes and juice, cutting up tomatoes finely. Add tomato sauce, carrots, parsley and spices. Bring to boil, cover, reduce heat and simmer 30 minutes, stirring occasionally. Cook spinach in just the water that clings to its leaves after washing for 2 to 5 minutes or until just wilted. Drain, squeeze out moisture, chop finely and set aside. Cook noodles according to package directions. Drain, rinse with cold water, drain again and spread out on a tea towel on flat surface. Blend eggs, Ricotta cheese, nutmeg and spinach in a food processor until fairly smooth. Spread one-quarter of tomato sauce in bottom of greased 13" by 9" baking dish. Arrange single layer of noodles on top. Spread with half of Ricotta mixture, then one-quarter of tomato sauce, one-third of mozzarella and one-third of Parmesan. Repeat these layers once. Arrange remaining noodles on top, spread with remaining tomato sauce and sprinkle with remaining cheese. The recipe can be made ahead and refrigerated for 24 hours. Bake,

uncovered in 350F oven 30 minutes. Cover with foil and bake another 10-15 minutes if previously refrigerated. If freezing, place in foil and seal tightly. Thawing isn't necessary. Slip lasagna out of foil and bake about 1½ hours at 350F covered. If you want to thaw lasagna before baking, defrost in frig and reheat 20-25 minutes in 350F oven. If reheating in microwave (8 oz. serving), cover with waxed paper and defrost in microwave 10 minutes; let stand 5 minutes and cook on Med/High 4 to 5 minutes. Let stand, covered, 5 minutes.

*To pre-prepare in microwave just follow standard directions to saute, etc. Assemble dish, cover and cook for 5 minutes on High, then 15 to 20 minutes on Medium. Let stand 10 to 15 minutes.

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