



No-Bake Veggie Lasagna Stacks

Serves 4

If you like lasagna but don't want to spend a lot of time baking it, you'll love that this recipe uses the stovetop and the microwave, not the oven. It is not only quick and easy but eye-catching as well-and it is far more nutritious than most other lasagnas

4 dried whole-grain lasagna noodles
1 tablespoon olive oil
4 ounces broccoli florets (about 1 cup)
4 ounces button mushrooms, sliced (about 1 heaping cup)
4 ounces zucchini or yellow summer squash, thinly sliced (about 1 cup)
4 ounces asparagus, trimmed and cut into 1/2-inch pieces (about 1 cup)
2 ounces baby spinach leaves (about 2 cups)
2 medium cloves garlic, minced
1/2 teaspoon dried oregano, crumbled
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup low-fat ricotta cheese
1 cup shredded or grated low-fat mozzarella cheese
2 tablespoons shredded or grated Parmesan cheese

Cook the pasta using the package directions, omitting the salt. Drain well in a colander. Carefully place the pasta in a single layer on a large piece of wax paper and pat dry. Cut each noodle crosswise into 3 pieces. Set aside.

Meanwhile, in a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the broccoli, mushrooms, and zucchini for 4 to 5 minutes, or until tender, stirring occasionally.

Stir in the asparagus, spinach, garlic, oregano, salt, and pepper. Cook for 1 to 2 minutes, or until the asparagus is tender, stirring occasionally. Remove from the heat.

To assemble, place a piece of pasta on a microwaveable dinner plate. Spoon 1 tablespoon of the ricotta on top. Spoon 1/2 cup of the broccoli mixture over the ricotta. Sprinkle with 2 tablespoons mozzarella. Repeat. Place a third piece of pasta on top. Sprinkle with 1 1/2 teaspoons Parmesan. Repeat on separate plates with the remaining ingredients for the other three servings.

Microwave 1 plate of lasagna for 1 minute on 100 percent power (high), or until the Parmesan is melted. Set aside. Repeat one at a time with the remaining servings.

Nutritional Analysis

Serving Size: 1 stack

Calories	260
Fat	9.0g
Saturated Fat	2.5g
Trans Fat	0.0g
Polyunsaturated Fat	1.0g
Monounsaturated Fat	4.5g
Cholesterol	19mg
Sodium	442mg
Carbohydrates	29g
Dietary Fiber	6g
Sugars	5g
Protein	17g

Dietary Exchanges: 1 1/2 starch, 1 vegetable, 1 1/2 very lean meat, 1fat