

Roasted Vegetable Lasagna

This healthy favorite is packed full of vegetables, making it an excellent source of vitamins A and C, protein, calcium and fiber.

Serves 10



Ingredients

- 9 whole wheat lasagna noodles
- 4-6 cups hot water
- 2 red peppers, chopped
- 2 onions, chopped
- 2 small broccoli crowns, chopped
- 1 large yam, chopped
- 2 tablespoons olive oil
- 2 teaspoons dried rosemary, divided
- 2 teaspoons dried rubbed sage, divided
- 1 15-ounce container part-skim ricotta cheese
- 1½ cups shredded parmesan cheese, divided
- 2 eggs
- ½ teaspoon salt
- ½ teaspoon black pepper
- 32 ounces jarred marinara sauce
- 3 cups shredded mozzarella cheese

Nutrition Facts

Serving Size About 2 Cups
Servings Per Recipe 10

Amount Per Serving

Calories 410 Calories from Fat 170

% Daily Value*

Total Fat 19g **29%**

 Saturated Fat 9g **45%**

 Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 710mg **30%**

Total Carbohydrate 36g **12%**

 Dietary Fiber 6g **24%**

 Sugars 9g

Protein 26g

Vitamin A 90% • Vitamin C 120%

Calcium 60% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Preheat oven to 350 degrees.
2. Place your 9 lasagna noodles in stacks of 3 in a 9x13 baking dish, then cover with 4-6 cups very hot water. Let them soak while you prepare your other lasagna layers.
3. In a large bowl, toss chopped vegetables with the olive oil and 1 teaspoon each rosemary and sage. Spread evenly onto 2 cookie trays and roast in the oven for about 20-25 minutes, until tender, stirring once half-way through.
4. While vegetables roast, mix together the remaining rosemary and sage with the ricotta, 1 cup of parmesan cheese, eggs, salt and pepper.
5. Drain noodles, pat dry with towel and dry baking dish.
6. In your 9x13 baking dish, start with ½ cup marinara sauce, then 3 noodles. Spread on half of the ricotta mixture, then evenly distribute half the vegetables. Cover with 1 cup marinara and 1 cup mozzarella cheese. Repeat.
7. Add the final layer of noodles, cover in remaining sauce, then sprinkle with remaining mozzarella and parmesan cheese. Cover dish lightly in foil.
8. Bake at 350 degrees covered for 30 minutes. Remove foil and bake for 30 minutes more.
9. Remove from oven and let stand for 10 minutes. Serve hot and enjoy!

Please note: nutritional values are approximate.

