

Roasted Vegetable Lasagna

By Maris Callahan

➔ If lasagna is your grim weather go-to dinner, you can make a lighter version that skips calorie-dense meats and sausages and omits the creamy ricotta cheese that helps pile on the pounds.

Omitting some of the more indulgent ingredients not only eliminates fat and calories, but it reduces the number of steps and amount of preparation time for the recipe. To begin this lasagna recipe, you'll toss sliced vegetables with olive oil and roast them until just tender. Then, layer them between the no-boil noodles, mozzarella cheese, and your favorite savory marinara.



Ingredients

3 tbsp olive oil
3 small zucchini, sliced into coins
3 small yellow summer squash, sliced into coins
½lb medium fresh mushrooms, cut into ¼" slices
2 cups fresh baby spinach
3 cups marinara sauce either homemade or your favorite jarred version
¼ cup grated Parmesan cheese
12 no-boil whole wheat lasagna noodles opt for fresh pasta, if possible
2 cups shredded fresh mozzarella cheese
Salt and pepper to taste

Directions

Step 1: Preheat the oven to 400 degrees F. Place zucchini and yellow squash slices on a baking sheet and toss with 2 tablespoons olive oil and a pinch of salt and pepper.
 Bake for about 25 minutes, stirring occasionally. When vegetables are tender and beginning to brown around the edges, remove from the oven and set aside.

Step 2: Meanwhile, heat remaining tablespoon of olive oil in a sauté pan over medium-high heat. Add mushrooms and sauté until they are slightly tender and beginning to brown. Add spinach for the last 2 minutes of cooking and remove from heat when the leaves begin to wilt.

Step 3: Spread ½ cup of sauce on the bottom of 13"×9" baking dish. Top with a layer of noodles and follow with a layer of zucchini, yellow squash, mushrooms, and spinach. Top with ⅓ of the cheese and ½ cup of sauce. Repeat three times, or until you reach the top of your dish.

Step 4: Cover and bake at 350 degrees F for 40 minutes. Uncover; sprinkle with Parmesan cheese. Bake 5–10 minutes longer, or until edges are bubbly and cheese is melted. Let stand for 10 minutes before cutting.