

VEGETARIAN LASAGNA

Ingredients

About 10 whole wheat lasagna noodles, prepared as per package directions you may want a few more in case some stick)

2-3 Tbsp olive oil

1 large onion, in small dice

2-3 cloves garlic, minced

1 stalk celery, in small dice

1 red pepper in small dice

3-4 mushrooms, in small dice

½ bunch broccoli in tiny florets

1 carrot, in small dice

680 ml can flavoured tomato sauce

375 g. ricotta

1½ - 2 c. shredded mozzarella

Method

- In a large skillet, sauté onion in olive oil over medium-high heat, until translucent
- Add garlic & sauté 30 seconds longer
- Add remaining vegetables & sauté until they begin to soften. Set aside..
- In a separate bowl, combine ricotta with veggies.
- Spray a large (9x13) glass baking dish with non-stick spray
- Spread a thin layer of tomato sauce over bottom of baking dish
- Add 1 layer of noodles
- Top with 1/2 the ricotta mixture
- Top with 1/2 the remaining tomato sauce
- Add another layer of noodles, ricotta, sauce
- Top with shredded mozzarella
- Bake in a pre-heated 350° oven for 30-40 minutes or until cheese is golden & bubbly
- Freezes well