

VEGETARIAN ZUCCHINI LASAGNA

NAME OF DISH

INGREDIENTS

- * 2 large zucchinis
- * 2 cups jarred tomato sauce
- * 2 cups brown lentils
- * 1 cup part-skim ricotta cheese
- * 1/2 cup shredded part-ski mozzarella cheese, divided

SERVINGS: 4

CALORIES PER SERVING: 289

FAT: 11 G SAT FAT: 6 G

PROTEIN: 24 G CARBS: 13 G



INSTRUCTIONS

Thinly slice zucchini into 1/8 inch thick coins. Arrange slices on a microwave-safe plate and cook on high for 90 seconds. Remove plate for microwave and pat zucchini coins dry with a clean paper towel. Set aside in a small mixing bowl, combine tomato sauce and cooked lentils. In a separate mixing bowl in a circular pattern. Top with 2 Tbsp cheese mixture, spreading evenly. Top cheese mixture with 1/4 cup lentil sauce. Repeat layering zucchini, cheese and sauce and top with remaining mozzarella. Cover with paper towels and microwave 1-2 minutes on high until cheese is melted. Remove from microwave and let cool before serving.

RECIPE COURTESY OF ST. MARYS MEDICAL CENTER

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