

# Three-Cheese Zucchini Lasagna

Vegetarian Times Issue: July 1, 2007 p.77

*This sauceless casserole makes for a lighter summer entrée than your classic lasagna. It can be made well in advance and frozen for easy transport.*

## Ingredient List

Serves 8

9 whole-wheat lasagna noodles  
4 tsp. olive oil  
3 medium leeks, chopped (about 5 cups)  
6 medium zucchini, thinly sliced (about 6 cups)  
1/3 cup chopped fresh mint  
1 16-oz. container low-fat cottage cheese  
6 cloves garlic, minced (about 2 Tbs.)  
1 10-oz. pkg. frozen chopped spinach, thawed and drained  
1 large egg, beaten  
3/4 cup crumbled feta cheese, divided  
1 cup shredded reduced-fat mozzarella cheese (about 4 oz.)



## Directions

Cook noodles according to package directions. Heat oil in skillet over medium-high heat. Add leeks, and sauté 6 minutes, or until soft. Add zucchini, and sauté 8 to 10 minutes more. Stir in mint, and season with salt and pepper.

Blend cottage cheese and garlic in food processor 3 minutes, or until smooth. Stir in spinach and egg.

Preheat oven to 350F. Coat roasting pan with cooking spray. Place 3 noodles in bottom of pan, and top with 1/3 zucchini mixture. Spread 1/3 spinach mixture on top, and sprinkle with 2 Tbs. feta. Repeat layers twice, ending with spinach mixture. Top with remaining feta and mozzarella.

Coat sheet of foil with cooking spray. Place over lasagna, and bake 45 minutes. Uncover, and bake 5 minutes more. Let stand 5 minutes more before serving, or cool completely, and freeze.

To reheat, let lasagna sit at room temperature 1 hour. Preheat oven to 350F. Bake 20 minutes, or until hot and bubbly.

## Nutritional Information

Per SERVING: Calories: 305, Protein: 21g, Total fat: 8.5g, Saturated fat: 3.5g, Carbs: 36g, Cholesterol: 43mg, Sodium: 676mg, Fiber: 7g, Sugars: 8g

