

Vegetable Lasagna

Serves: 12

amount	unit	Ingredients:
1	Tbsp	water
1	each	yellow onion, diced
2	each	red peppers, diced
1	cup	carrots, shredded
3	cloves	cloves garlic, minced
2	cans	crushed tomatoes, 28 oz can
1/2	tsp	kosher salt
1/2	tsp	black pepper
1/4	tsp	crushed red pepper flakes
1/4	cup	fresh basil, chopped
1/3	cup	fresh parsley, chopped
3	each	medium zucchini, sliced thin lengthwise
2	cups	baby spinach, loosely packed
1	12 oz cont.	water packed firm tofu, drained
12	each	whole grain lasagna noodles (boiled for 3 minutes)

Preheat oven to 350 degrees.

In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add onion and red peppers, cook, stirring about 3 minutes, adding water just as needed to prevent sticking. Add grated carrots and sauté until soft.

Add garlic and cook for 1-2 minutes. Transfer to stock pot. Add crushed tomatoes, salt, black pepper, red pepper flakes, basil, and parsley. Simmer for 10-20 minutes.

In a blender, blend together spinach and tofu until smooth.

In a baking pan, add a thin layer of tomato sauce. Add a layer of lasagna noodles, a thin layer of tomato sauce, a layer of tofu mixture, and then a layer of zucchini. Repeat, ending with lasagna noodles and tomato mixture.

Cover with foil and bake for 50 minutes. Remove foil and bake for 10 more minutes.

Nutritional Information

Calories: 190; Carbohydrates: 32g; Fiber: 8g; Sugar: 6g; Protein: 10g; Fat: 2g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 150mg;