



Zucchini, Mushroom and Eggplant Lasagna



Makes 8 servings

Ingredients

- nonstick cooking spray
- 1 tablespoon extra-virgin olive oil
- $\frac{3}{4}$ cup chopped green bell pepper
- $\frac{3}{4}$ cup chopped onion
- 6 cloves garlic, minced
- 1 6-ounce can no-salt-added tomato paste
- 1 15-ounce can no-salt-added tomato sauce
- 1 $\frac{1}{2}$ tablespoons chopped fresh parsley
- 1 $\frac{1}{2}$ tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 1 medium zucchini, thinly sliced
- 8 ounces fresh mushrooms, thinly sliced
- 1 eggplant, thinly sliced

Directions

1. Preheat oven to 350 F.
2. Spray a 9-by-13-inch pan with nonstick cooking spray. Set aside.
3. In a medium saucepan, heat the oil over medium heat. Add peppers, onion and garlic. Sauté for 3 to 4 minutes. Add tomato paste and tomato sauce. Stir. Bring to a light simmer. Add parsley, basil and oregano. Stir. Bring to a light simmer again. Remove from heat.
4. Pour enough sauce to cover the bottom of pan. Lay one layer of zucchini, mushrooms and eggplant, then pour enough sauce to cover the vegetables. Continue alternating layers of vegetables and sauce until ingredients are gone.
5. Cover pan with foil, place in oven and bake for 15 to 20 minutes. Remove foil. Cook for another 10 to 15 minutes, until cooked through. Cool slightly. Serve warm.



TIP

Chop, slice, mince, repeat! This recipe gives your arm a workout! Make sure your knives are sharpened properly to make the task easier.

♥ = heart smart

⚡ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1/8 pan (230g)
Servings Per Container 8

Amount Per Serving

Calories 90 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 4g

Vitamin A 15% • Vitamin C 50%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1