

## You-Build-It Lasagna

*So maybe we aren't all master chefs...here's one healthy, great-tasting recipe that requires minimal skills beyond the basics, but looks and tastes like a million bucks! You won't even miss the meat in this great vegetarian dish – FULL of helpful antioxidants!*

### Ingredients:

- 2.5 quarts of water
- 4 tbsp extra virgin olive oil
- 1 medium onion, peeled & chopped
- 3 cloves garlic, minced
- 3 ribs celery, trimmed & chopped
- 2 carrots, peeled & chopped
- 2 cups sliced mushrooms (button, shiitake, Portobello or a mixture of your favourites!)
- 1 ½ tbsp low-sodium tamari (gluten-free, if necessary)
- Freshly ground black pepper
- 4 cups fresh spinach

### Pasta:

- 1 lb dry lasagna noodles (look for nutrient dense pastas made from spinach, tomato, kamut, spelt, rice or gluten-free varieties)
- 2 cups tomato sauce
- 2 ½ cups nonfat cottage cheese
- 6 cups grated low-fat or non-fat mozzarella cheese
- 1 ½ cups goat cheese



### Preparation:

1. Preheat oven to 375°F. In large skillet, heat olive oil over medium heat. Add onion, garlic, celery and carrot. Cook 5 minutes until vegetables become soft. Add mushrooms and sauté for another few minutes. Stir in tamari, pepper and spinach. Let spinach wilt.
2. In a large saucepan, bring 2 ½ quarts of water to a rolling boil. Pour a little olive oil into the water to prevent noodles from sticking. Add lasagna noodles and cook to al dente. Drain noodles and run them under cold water.
3. Spread ½ cup or more of tomato sauce on the bottom of a lasagna pan that's been coated with nonstick cooking spray. Place a layer of lasagna noodles on top. Spread ¾ cup cottage cheese on top of lasagna noodles along with 1 ½ cups grated mozzarella, ½ cup goat cheese and 1/3 of the vegetable/spinach mixture. Repeat the layers until you run out of ingredients. End with tomato sauce on top.
4. Bake in hot oven for 35 minutes. Sprinkle more grated mozzarella cheese on top of lasagna and return to oven. Let cook for another 5 minutes. Remove from heat and let sit for 20 minutes before cutting and serving. **Do not skip this step!** It is much easier to cut set lasagna. Serve with a colourful green salad. Serves 10.

### Nutritional Information (per serving)

<b>Calories</b>	<b>408</b>
<b>Protein</b>	<b>39g</b>
<b>Fat, total</b>	<b>7g</b>
<b>Carbohydrates</b>	<b>43g</b>
<b>Sodium</b>	<b>823mg</b>
<b>Sugars</b>	<b>6g</b>
<b>Fiber</b>	<b>4g</b>