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Zucchini Lasagna

Ingredients

- ❖ 1/2 pounds pasta, lasagna noodles, cooked in unsalted water
- ❖ 3/4 cup(s) cheese, mozzarella, part-skim, shredded
- ❖ 1 1/2 cup(s) cottage cheese, nonfat
- ❖ 1/4 cup(s) cheese, grated Parmesan
- ❖ 1 1/2 cup(s) zucchini, sliced
- ❖ 2 1/2 cup(s) tomato sauce, low sodium
- ❖ 2 teaspoon basil, dried
- ❖ 2 teaspoon oregano
- ❖ 1/4 cup(s) onion(s), chopped
- ❖ 1 clove(s) garlic
- ❖ 1/8 teaspoon pepper, black

Preparation

1. Preheat oven to 350 degrees F. Lightly coat 9- by 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake for 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into six portions.

Using unsalted cottage cheese will reduce the sodium content for each serving to 196 mg.