



Seasonal Veggie Lasagna

Makes 4 servings

Ingredients

1 Yellow Summer squash	1 pint low fat ricotta cheese
1 small Zucchini squash	2 ounces shredded parmesan cheese
1 small container button or Crimini mushrooms	1 egg
2 cups fresh spinach	9 lasagna noodles, dry or no cook
½ yellow or red onion	10 ounces shredded mozzarella cheese
3 garlic cloves, minced	½ teaspoon salt
6 fresh basil leaves, chopped	½ teaspoon pepper

¼ cup olive oil
1 large jar pasta or spaghetti sauce

Directions

Cook the pasta noodles in hot water until slightly done, drain and rinse. If using no cook lasagna noodles, skip this step.

Slice the two squash, onions and mushrooms and toss with the olive oil, salt and pepper and garlic. Place all the veggies on a baking sheet and place in the oven at 375' until they begin to brown. Other veggies can be used, such as red bell pepper, eggplant, etc. as long as they are cut up and roasted in the oven before putting them in the lasagna dish.

In a bowl, combine the ricotta with the chopped basil, parmesan cheese and egg, mixing well. Working in layers, start with some spaghetti sauce in the bottom of the casserole dish, and add lasagna noodles, roasted veggies, spinach, Ricotta and mozzarella cheese. Save some of the mozzarella for the top of the casserole.

Place a cover on the completed casserole and place in the oven at 350 °F for 30-45 minutes, or until casserole is bubbly. Remove top from casserole and allow the cheese to brown.