



GROUP 8
PERFECT PASTA

5

RUSTIC LASAGNA

Just the way Italians like it—steaming and delectable with cheese and vegetables.

This may be better than the original.



- Part-skim instead of whole-milk cheeses keep fat, calories down
- Broccoli and carrots add vitamins and fiber
- High in calcium

Crowd pleaser



PREPARATION TIME

30 minutes

BAKING TIME

45 minutes

RUSTIC LASAGNA • *Healthy Meals in Minutes™*

SERVES 8

- 9 lasagna noodles
- 2 cans (8 ounces each) low-sodium tomato sauce
- 1 clove garlic, minced
- 1 teaspoon fresh oregano or ¼ teaspoon dried oregano
- 1 package (10 ounces) frozen chopped broccoli, thawed and squeezed of excess liquid
- 1 cup shredded carrot
- 1 container (15 to 16 ounces) part-skim ricotta cheese
- ¼ cup grated Parmesan cheese
- 1 cup shredded part-skim mozzarella cheese

1 Cook lasagna noodles according to package directions, but do not add salt.

2 While noodles are cooking, preheat oven to 350° F. Spray

a 13 x 9-inch baking dish with vegetable cooking spray; set aside.

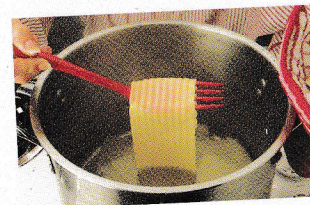
3 In a small bowl, combine tomato sauce, garlic, and oregano. Mix well. In a medium bowl, combine broccoli, carrot, ricotta, and Parmesan. Mix well.

4 Drain noodles in a colander. Spread ½ cup of tomato sauce in bottom of prepared dish. Place 3 noodles on top of tomato sauce. Spread half of broccoli mixture over noodles. Spoon ½ cup of tomato sauce over broccoli; place 3 noodles on top. Spread with remaining broccoli mixture; top with ½ cup of tomato sauce.

5 Top with remaining noodles and tomato sauce; sprinkle mozzarella over top. Bake until bubbling, about 45 minutes. Place on a wire rack and cool for about 15 minutes; cut into squares.

PER SERVING: Calories 268 (28% from fat) Carbohydrates 32 g Protein 16 g Sodium 294 mg Fat 8 g Cholesterol 27 mg

COOK'S TIPS



For perfect lasagna noodles, undercook slightly. Then drain thoroughly in a colander and toss with a drop of vegetable oil to keep them from sticking.



For easy slicing, place first layer of lasagna noodles lengthwise in dish. Cut noodles for second layer to fit diagonally in pan. Finish last layer lengthwise.

119-708-1106 IMP BV/IMP Inc. MCMXCIV Healthy Meals in Minutes™ Printed in U.S.A. To collect more recipes, please contact: Healthy Meals in Minutes, Four Gateway Center, 444 Liberty Avenue, Pittsburgh, PA 15222 - (800) 474-6552