



Veggie-rific Noodle-Free Lasagna



1/4th of lasagna: 265 calories, 4.5g total fat (2g sat. fat), 926mg sodium, 32.5g carbs, 11g fiber, 13.5g sugars, 24g protein

Prep: 20 minutes **Cook:** 1 hour



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Ingredients

3 medium zucchini, ends removed, sliced lengthwise
1 large portabella mushroom, sliced into strips
1 large eggplant, ends removed, sliced lengthwise
2 cups canned crushed tomatoes
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. Italian seasoning
One 16-oz. package frozen chopped spinach, thawed and squeezed dry
1 cup fat-free ricotta cheese
2 tbsp. fat-free liquid egg substitute
1 tbsp. chopped fresh basil
1/4 tsp. salt
Dash ground nutmeg
1 cup frozen ground-beef-style soy crumbles, thawed
1/2 cup shredded part-skim mozzarella cheese
1 tbsp. reduced-fat Parmesan-style grated topping

Directions

Preheat oven to 425 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Lay paper towels next to the stove, to drain veggies during the next step.

Bring a grill pan sprayed with nonstick spray to medium-high heat. Working in batches as needed, lay zucchini, mushroom, and eggplant slices in the pan and cook until softened, about 2 minutes per side. Transfer cooked veggies to the paper towels.

In a large bowl, mix crushed tomatoes, garlic powder, onion powder, and Italian seasoning.

In another large bowl, mix spinach, ricotta cheese, egg substitute, basil, salt, and nutmeg.

Evenly layer ingredients in the baking pan: half of the seasoned tomatoes, half of the sliced veggies, half of the spinach mixture, and all of the soy crumbles.

Evenly layer remaining veggies, in the opposite direction of the first layer, followed by remaining spinach mixture and remaining seasoned tomatoes. Top with mozzarella cheese and Parm-style topping.

Bake until cheese has lightly browned, about 30 minutes. Mmmmm!

MAKES 4 SERVINGS

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