



Vegetable Lasagna (Low Carb, Vegetarian)

Ingredients:

Pasta, ricotta, egg, garlic, spinach, roasted red pepper, mushroom, zucchini, herbs, cheese, house made marinara sauce.
Served with garlic toast.

All you do:

1. Twenty-four hours before cooking, thaw the vegetable lasagna pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On cooking day, pull the garlic toast from the freezer. The garlic toast can thaw in the refrigerator until it is ready to be made in the oven.

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Leave the cover on the foil pan and place the pan on the center rack of the preheated oven. Bake covered for 30 minutes. After the 30 minutes, uncover and bake for another 15-20 minutes. The internal cooking temperature of the lasagna should 165°F (on cooking thermometer) to ensure that it is cooked through.
3. When the lasagna is done, pull it out of the oven and allow for it to set for 5-10 minutes before cutting.
4. As the lasagna sets, prepare a baking sheet with non-stick cooking spray for the garlic toast. Then, spread out the thawed garlic toast(s) on baking sheet and bake at 350°F for 5 minutes or until bread is toasted.

Cooking Instructions for Oven from Frozen:

1. Preheat the oven to 350°F.
2. Leave the cover on the foil pan and place the frozen pan on the center rack of the preheated oven. Bake covered for 45 minutes. After the 45 minutes, uncover and bake for another 15-20 minutes. The internal cooking temperature of the lasagna should 165°F (on cooking thermometer) to ensure that it is cooked through.
3. When the lasagna is done, pull it out of the oven and allow for it to set for 5-10 minutes before cutting.
4. As the lasagna sets, prepare a baking sheet with non-stick cooking spray for the garlic toast. Then, spread out the frozen garlic toast(s) on baking sheet and bake at 350°F for 7-10 minutes or until bread is toasted.

Chef's Tip(s): Allow the lasagna to set for 10 minutes after removing from the oven. This helps the product hold together while also allowing for the lasagna to cool before it is cut and served.

Dietitian Tips & Notes:

Serve with: a leafy green salad

Leftovers: Add a tablespoon of water to the bottom of the pan and cover with plastic (if microwaving), or foil (if reheating if oven) when you reheat to avoid dryness.

Fun Fact: Lasagna or Lasagne? As with most other types of pasta, the Italian word is a plural form: lasagne meaning more than one sheet of lasagna or several layers of lasagna pasta.

Vegetable Lasagna Nutrition Facts per serving: 229 calories, 9 g total fat (5 g saturated fat, 0 g transfat), 28 g cholesterol, 705 mg sodium, 18 g carbohydrates (4 g fiber, 8 g sugar), 15 g protein

Garlic Toast Nutrition Facts per serving: 127 calories, 1 g total fat (0 g saturated fat, 0 g transfat), 0 mg cholesterol, 0 mg sodium, 28 g carbohydrates (3 g fiber, 1 g sugar), 5 g protein