

Low Fat Vegetable Lasagna

Recipe By Sari Matyas



Cooking and Prep:  1
h 40 m

Serves:  4

Contains:   

Preference: Dairy

Difficulty: Medium

Occasion: Nine Days

Diet: Vegetarian

Source: Family Table by

Mishpacha Magazine

Cuisines: Italian

When I made this lasagna last week I had a very hectic day. I wasn't home when my kids ate supper and was hoping that they would like it. When I came back, there wasn't even a slice left for me.

Ingredients (11)

Main ingredients

- Bartenura Olive Oil, for sautéing
- 1 onion, diced
- 2 yellow peppers and 2 red peppers, chopped
- 3 zucchini, peeled and chopped

- 1 box fresh mushrooms, sliced
 - 15 cherry tomatoes, halved
 - 1 teaspoon salt
 - 3 ounces Gefen Tomato Paste
 - 1 pound (470 ml) low-fat sour cream
 - 1 cup (14 oz/400 g) low-fat shredded mozzarella or low-fat shredded cheddar cheese
 - 1 box Haddar Lasagna Noodles, uncooked
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Start Cooking

For the Lasagna

1. Preheat oven to 350°F (180°C).
2. Heat a little olive oil in a large saucepan over medium heat. Sauté the onions until they are soft and golden. Add the peppers, zucchini, mushrooms, and cherry tomatoes and sauté for 10–15 minutes until all vegetables are soft. Stir in salt and remove from heat.
3. In a bowl, combine tomato paste and sour cream and set aside 1/3 cup. Combine vegetables and remaining tomato paste mixture and start layering your lasagna: Pour the reserved 1/3 cup of sauce into the bottom of a 9x13-inch pan. Arrange 3–4 raw noodles over the sauce.
4. Spread 1/3 of the vegetable mixture over the noodles and sprinkle some cheese over it.
5. Repeat twice noodles, vegetables, and cheese, ending with a layer of noodles.
6. Sprinkle remaining shredded cheese over the last layer of noodles.
7. Cover tightly with aluminium foil. Bake for 45–60 minutes.

Note:

This dish freezes very well.