
Cheese Lasagna

Source: The Diabetic Newsletter

Prep Time: . . . 25 minutes Calories: 500
Servings: 3 Protein: 36 g
Difficulty Level: 2 Fat: 10 g
Cost: \$ Carbohydrates: 52 g
Exchanges: 4 Meat; 2 Starch/Bread; 1 Fat

Ingredients

- 6 ounces whole-wheat lasagna noodles
- 1/2 cup tomato sauce
- 1 cup onion, bell pepper and mushrooms (mix of all three)
- 1-1/2 cups low-fat cottage cheese
- 2 eggs
- 2 tablespoons Parmesan cheese
- 3 ounces grated mozzarella cheese

Directions

- Cook lasagna noodles in boiling water until tender.
- Drain and set aside.
- Combine tomato sauce and chopped onions, peppers and mushrooms.
- Mix in separate bowl cottage cheese, eggs & 1/2 of Parmesan cheese.
- Preheat oven to 350F.
- In an 8" x 8" casserole, layer half the noodles, the cottage cheese mixture, and grated mozzarella cheese.
- Top with tomato sauce mix and the rest of the noodles.
- Sprinkle with remaining Parmesan cheese.
- Bake for 25 minutes, then serve hot.

Nancy Adler

CERTIFIED FITNESS & NUTRITION C.F.T./S.S.N./S.S.C.

Cornerstone Commerce Center • 1201 New Road, Suite 111-A • Linwood, NJ 08221 • Phone: 609-653-4900