

Healthy Harvest® Pasta Sauce Mediterranean Vegetable Lasagna

Preparation Time: 15 minutes

Cooking time: 35 minutes

Servings: 6

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Using less cheese, prepared pasta sauce and colourful veggies makes lasagna a guilt-free weeknight dinner.

Ingredients

1 jar (570 mL) **Healthy Harvest® Pasta Sauce Vegetable Medley, divided**

12 lasagna noodles, cooked

1 baby eggplant, finely chopped

1 small zucchini, finely chopped

2 cups (500 mL) baby spinach leaves, chopped

1 cup (250 mL) sliced jarred roasted red peppers

1/2 cup (125 mL) chopped kalamata olives

1 cup (250 mL) shredded mozzarella cheese

1/2 cup (125 mL) crumbled feta

Instructions

1. Preheat the oven to 350°F (180°C). Spread 1/2 cup (125 mL) pasta sauce over the bottom of a greased 9-inch (2 L) casserole dish. Top with three lasagna noodles, trimmed to fit, and 3/4 cup (175 mL) pasta sauce. Scatter half the eggplant, zucchini, spinach, roasted red peppers and olives over top. Repeat layers once. Top with remaining noodles and pasta sauce. Sprinkle with mozzarella and feta.
 2. Bake, covered with foil, for 20 minutes. Remove the foil and bake for an additional 15 minutes or until golden. Let stand for 10 minutes before serving.
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Nutritional Information per serving:

321 calories, 6 g fat, 2 g saturated fat, 8 mg cholesterol, 742 mg sodium, 47 g carbohydrates, 6 g fibre, 7 g sugar, 11 g protein.



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