



IN *The Villages*[®]
America's Healthiest Hometown

Zucchini Lasagna

½ pound cooked lasagna noodles, cooked in unsalted water
¾ cup part-skim mozzarella cheese, grated
1 ½ cups cottage cheese,* fat-free
¼ cup Parmesan cheese, grated
1 ½ cups raw zucchini, sliced
2 ½ cups low-sodium tomato sauce
2 tsp basil, dried
2 tsp oregano, dried
¼ cup onion, chopped
1 clove garlic
¼ tsp black pepper

1. Preheat oven to 350 °F. Lightly spray a 9- by 13-inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini.
5. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Makes 6 servings
Serving Size: 1 piece

Per Serving:

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|-------------------|-------------------|
| Calories 200 | Carbohydrate 24 g |
| Total Fat 5 g | Calcium 310 mg |
| Saturated Fat 3 g | Magnesium 46 mg |
| Cholesterol 12 mg | Potassium 593 mg |
| Sodium 368 mg | Fiber 3 g |
| Protein 15 g | |

* To reduce sodium, use low-sodium cottage cheese. New sodium content for each serving is 165 mg.

Used with permission from the DASH Eating Plan, U.S. Department of Health and Human Services