

Vegetable Lasagna Casserole

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In large Dutch oven, bring to boil: 3 quarts water

2 tsp salt

1 tsp olive oil

Add: 9 lasagna noodles, uncooked

Return to boil and cook 15 min or just until tender.

Drain and set aside.

Arrange in steamer over boiling water: 4 medium carrots, scraped and thinly sliced

4 medium zucchini, thinly sliced

Cover and steam 8 minutes or until crisp-tender; set aside.

In heavy saucepan over low heat, melt: 1/4 C reduced calorie margarine or butter

Add and stir until smooth: 1/4 C all-purpose flour

Cook 1 minute, stirring constantly.

Gradually add: 2 C skim milk

Cook over medium heat stirring constantly, until mixture is thickened and bubbly.

Stir in: 1 T dried basil or 1/4 C chopped fresh basil

3/4 tsp salt

3/4 tsp freshly ground pepper

Spread 1/2C white sauce in an 11x7x1 1/2 inch baking dish coated with cooking spray.

Arrange 1/3 of noodles on sauce; top with 1/3 of the vegetables and 1/2 C white sauce.

Repeat noodle, vegetable and sauce layers twice.

Cover and bake at 350° for 45 minutes.

Uncover and sprinkle with: 1/2 C (2 oz) shredded mozzarella cheese

Bake an additional 5 minutes.

Over each serving, spoon: Basil-Tomato Sauce

6 servings