

Easy Day Vegetable Lasagna

1 tablespoon soyoil	
8 green onions, chopped	1 egg
1 cup sliced fresh mushrooms	1 8-ounce package un-cooked lasagna noodles
1 48-ounce jar low-sodium, low-fat spaghetti sauce	1/2 teaspoon salt
1/2 package (10.5-ounce) low-fat firm silken tofu	1/4 teaspoon pepper
1 10-ounce package frozen chopped spinach, defrosted and drained	1/2 teaspoon garlic powder
	1/2 teaspoon oregano
	1 8-ounce package fat-free shredded Mozzarella cheese

Preheat oven to 350 degrees F. Spray 9x13-inch baking pan with non-stick vegetable oil. Saute green onions and mushrooms in soyoil. Add spaghetti sauce. Set aside.

Combine tofu, spinach, egg and seasonings and mix well. In baking dish, begin with bottom layer of spaghetti sauce mixture, followed by uncooked noodles, tofu mixture, noodles, and top with remaining sauce.

Bake for 45 minutes, cover with aluminum foil. Top with cheese and bake 15 minutes more. Allow to stand 10 minutes before serving.

OPTION: layer one 16-ounce packages of frozen vegetable medley between layers of lasagna noodles or saute 1 1/2 cups fresh vegetable combination.

Serves 8-10

Nutrition Information

per 10 ounce serving

Calories: 274

Fat: 5.3 gm.

Saturated fat: 3.3 gm.

Cholesterol: 24

Sodium: 408 mg.

Carbohydrate: 39 gm.

Protein: 19.8 gm