

# veggie lasagna

Makes 4-6 servings.

1 pkg, Yves Ground Round Original  
3 cups mozzarella cheese, shredded  
1 tsp Spectrum Canola Oil  
1 medium onion, diced fine  
2 cloves garlic, minced  
8 oz low fat ricotta cheese or tofu  
1 tbsp flour  
1/2 cup blanched or frozen spinach,  
chopped and squeezed  
9 piece oven ready lasagna noodles  
5 cups tomato basil pasta sauce  
1/2 tsp salt  
1 tsp pepper  
1 tsp oregano

- This easy casserole uses
- tasty ground soy to replace
- ground beef!

Preheat oven to 350°F and spray a lasagna pan lightly with oil. Sauté onions and garlic in oil over medium heat until soft. In a bowl mix ricotta cheese or tofu with salt, pepper, oregano, flour, spinach and sautéed onions. In another bowl mix Veggie Ground Round Original with 3 cups tomato sauce. Create the layering by spreading 1/2 cup of the reserved tomato sauce on the bottom of pan and top with 3 lasagna noodles. Cover noodles with half of the Veggie mixture and 1 cup of cheese. Arrange 3 noodles on top followed by the spinach mixture. Spread on remaining Veggie mixture followed by 1 cup of cheese. Place the last 3 lasagna noodles on top and cover with the rest of the tomato sauce and cheese. Bake for 45 minutes or until the noodles are tender.



### Per each of 4 servings:

650 calories, 66 g protein, 8 g fat, 82 g carbohydrates,  
17 g fibre, 1530 mg sodium.