

Veggie-rific Noodle-free Lasagna



Prep Time: 30 minutes

Cook Time: 1 hour

Ingredients:

3 medium zucchini, ends removed, sliced lengthwise
1 large portabella mushroom, sliced into strips
1 large eggplant, ends removed, sliced lengthwise
2 cups canned crushed tomatoes
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. Italian seasoning
One 16 ounce package frozen chopped spinach, thawed, thoroughly drained, patted dry
2 tbsp. fat-free liquid egg substitute (like Egg Beaters Original)
1 cup fat-free Ricotta cheese
1 tbsp. chopped fresh basil
¼ tsp. salt
Dash ground nutmeg
1 cup ground-beef-style soy crumbles (like the kinds by Boca and Morningstar Farms), thawed from frozen
½ cup shredded part-skim mozzarella cheese
1 tbsp. reduced-fat Parmesan-style grated topping

Directions:

1. Preheat oven to 425 degrees.
2. Lay several paper towels next to the stove. (As you cook the veggies in the next step, transfer them to the paper towels to drain excess moisture.)
3. Bring a very large grill pan sprayed with nonstick spray to medium-high heat on the stove. Evenly place zucchini, portabella mushroom, and eggplant in the pan, and cook until softened, about 2 minutes per side. (if you don't have a very large pan just cook the veggies in batches.) Set aside on paper towels.

4. In a large bowl, combine crushed tomatoes with garlic powder, onion powder, and Italian seasoning. Mix well and set aside.
5. In another large bowl, combine spinach, egg substitute, ricotta cheese, basil, salt, and nutmeg. Mix thoroughly and set aside.
6. Evenly coat the bottom of an 8X8 baking pan with about half of the seasoned crushed tomatoes. Evenly layer half of the sliced veggies over the tomatoes. Spread half of the spinach mixture into an even layer over the veggies. Top evenly with soy crumbles.
7. Evenly layer remaining veggies into the pain, placing them perpendicular to the first layer, followed by the remaining spinach mixture. Evenly cover with remaining seasoned crushed tomatoes. Evenly distribute mozzarella cheese and grated topping over the crushed tomatoes.
8. Bake in the oven until lasagna is hot and mozzarella cheese is golden brown, about 30 minutes.
9. Allow to cool slightly, cut into quarters, and enjoy

Nutrition Facts

Makes 4 cupcakes

Amount per serving:

Calories	265
Fat	4.5 g
Sodium	926 mg
Carbs	32.5 g
Fiber	11 g
Sugars	13.5 g
Protein	24 g