

Vegetable Lasagna with Parmesan Sauce

From Goldie Gardner,
Co-host "Plain & Fancy Cooking"



Ingredients:

9 cooked lasagna noodles

Filling -

1 med. zucchini, unpeeled, shredded
and squeezed

1 cup carrots, shredded

1 pkg. chopped spinach, cooked,
well drained (or 1/2 pkg. fresh
spinach, uncooked, chopped
fine)

3/4 cup onion, chopped

1/4 cup green onion, chopped

1-2 cloves garlic, minced

1 T. olive oil

1/2 tsp. salt

1/4 tsp. pepper

1 tsp. dried basil

1 egg, beaten

15 oz. part-skim ricotta cheese

1 1/2 cups shredded mozzarella
cheese (part-skim ok)

2-3 T. parsley, finely chopped

Sauce -

4 T. unsalted butter or margarine

4 T. flour

1/2 tsp. salt

1/4 tsp. white pepper

1/8 tsp. nutmeg

(over)

2 cups milk (or part half and half)

1/2 - 3/4 cup Parmesan cheese, freshly grated

To Prepare: Heat olive oil in large frying pan. Add veggies and saute' briefly, about 5 min. Add salt, pepper and basil. Remove from heat and cool. In large bowl, mix together egg, ricotta and mozzarella cheese and parsley. Add cooled veggies to mixture. Ideally, this should be refrigerated at least 4 hrs. to blend flavors. To make sauce, melt butter, add flour and cook about 2 min. Add seasonings and milk all at once, whisking constantly. Cook until thick and bubbly, stirring all the time. Remove from heat, stir in Parmesan cheese. To assemble, spread one ladle of sauce in bottom of lasagna pan. Then layer: 3 noodles, 1/2 veggie/cheese mixture, 1/4 cup Parmesan cheese, repeat layers, end with noodles. Spread on rest of sauce, sprinkle with paprika. Cover with tin foil, bake at 375° for 45-50 min. Uncover and bake 10 min. longer. Let sit at least 10 min. before cutting into squares to serve.

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