



Green & White Lasagna

1 bunch broccoli, cut into bite-size pieces
12 lasagna noodles
2 Tbsp. olive oil
1 large onion, diced
1 red bell pepper, diced
3 garlic cloves, minced
Salt and black pepper
2 containers (15 oz. each) part-skim ricotta
8 oz. part-skim mozzarella, shredded
1½ cups grated Parmesan cheese
½ cup pesto, store-bought or homemade



1. Preheat oven to 350°F. In large pot of boiling water, cook broccoli 1 minute. Rinse and drain. Add noodles to boiling water and cook 2 minutes less than package directions. Drain.
2. Meanwhile, in large skillet, heat oil. Add onion, bell pepper, garlic, ¼ teaspoon each salt and pepper, and cook over medium-low until onion is golden, about 12 minutes. Stir in broccoli.
3. Combine ricotta, mozzarella, 1 cup Parmesan, pesto and 1 teaspoon salt and ½ teaspoon pepper.
4. In 9- by 13-inch pan, layer in four noodles, one-third ricotta mixture, one-half vegetables. Repeat. Finish with four noodles, one-third ricotta mixture, ½ cup Parmesan.
5. Cover and bake 30 minutes. Uncover and bake 25 minutes. Let stand 10 minutes before slicing.

Makes 8 servings

Per serving: 525 calories, 26 g fat, 43 g carbohydrates (4.4 g fiber), 33 g protein, 909 mg sodium

