

Blue is Better Recipe (Serves 6) Speedy Lasagna

Ingredients

- cooking spray
- 1-26 oz. jar low-fat, reduced-sodium tomato pasta sauce
- 6 no-boil/oven-ready lasagna noodles
- 1-12 oz. pkg. ready-to-use soy crumbles
- 1-8oz. pkg. sliced mushrooms
- 2/3 c. shredded part skim mozzarella
- 3 Tbsp. grated Parmesan

Preparation Instructions

1. Preheat oven to 400°F. Lightly coat 8x8" glass baking dish with cooking spray.
2. Put 1/2 c. pasta sauce evenly on the bottom of dish. Place 2 lasagna noodles over the sauce. Spread 1/2 pkg. of the soy crumbles over noodles. Add 1/2 pkg. of the mushrooms, pressing lightly to flatten. Top with 1/2 c. sauce & sprinkle with 1/3 c. mozzarella.
3. Repeat using the remaining crumbles, mushrooms, cheese & 1/2 c. sauce for second layer. Top with 2 remaining lasagna noodles & spread all remaining sauce over top to cover.
4. Cover with 9" square of waxed paper & bake for 30 minutes. Remove from oven, keep covered & let rest 5 minutes. Remove waxed paper, sprinkle top with Parmesan.
5. To serve, cut lasagna into 6, 2x3" pieces.

NUTRITION FACTS

Serving Size
1/6 of lasagna

Amount Per Serving:

Calories	257
Calories from Fat.....	27
Total Fat	3 g
Saturated Fat.....	.2 g
Cholesterol	9 mg
Sodium	846 mg
Carbohydrate	35 g
Dietary Fiber.....	8 g
Protein	23 g

