

Vegetable Lasagne

120g lasagne noodles
1 Tbsp oil
1 medium onion
2 cloves garlic, crushed
200g mushrooms
1 x 400g can tomatoes
1 tspn dried oregano
1 tspn dried basil
½ tspn salt
1 tspn sugar
¼ cup chopped fresh parsley
1 tin red kidney beans
250g cottage cheese
100g Edam cheese, grated
¼ cup grated parmesan cheese

Heat oil in non-stick fry pan; sauté onion, garlic and mushrooms over gently heat until soft but not browned. Stir in the canned tomatoes, oregano, basil, salt, sugar, parsley and red kidney beans; heat through. To assemble the lasagne, place a layer of the noodles on the bottom of a shallow baking dish, put 1/3 tomato sauce over the noodles, spread ½ the cottage cheese over the sauce, then ½ of the tasty cheese. Repeat this, then top another layer of noodles, remaining sauce and the parmesan cheese. Bake at 180C for 40 minutes. Serves 4.

Health Habits:

- Adding lots of different vegetables – increases fibre, vitamin and anti-oxidant content
- Using cottage cheese and beans for protein – both are low in fat, and the beans are also high in fibre
- Using edam cheese instead of tasty cheese