

## Lasagna

32 oz. spaghetti sauce  
1 pint fat-free ricotta cheese  
1 cup fat-free cottage cheese  
2 1/8 tbsp. parsley, dried  
1 tsp. garlic, chopped  
4 oz. fat-free mozzarella cheese, grated  
1 lb. lasagna noodles, uncooked  
4 tbsp. Parmesan cheese

Preheat oven to 350°F. Spray 9" x 12" pan with vegetable cooking spray. Mix ricotta cheese, cottage cheese, parsley and garlic. Pour 1 cup of sauce in bottom of pan. Arrange 1/3 of the noodles in the pan so that they touch, but do not overlap. Spread 1/2 of the cheese mixture over the noodles. Top with 1/2 of the mozzarella cheese. Top this with 1 cup of sauce, 1/3 of the noodles, the remainder of the cheese mixture and the rest of the mozzarella cheese. Add another cup of sauce, another layer of noodles, and the remainder of the sauce. Sprinkle with Parmesan cheese. Lasagna may be refrigerated at this point for up to 48 hours. Bake, covered tightly with aluminum foil, for 1 hour. Increase baking time by 15 minutes if it has been refrigerated. Makes 12 servings.

Nutrition information per serving: calories 336; protein 17 grams; fat 5 grams; sodium 641 mg