

## Rustic Lasagna

9 lasagna noodles  
8 oz. tomato sauce  
1 clove garlic, minced  
1 tsp. fresh oregano (1/4 tsp. dried oregano)  
10 oz. frozen broccoli, chopped, thawed,  
drained  
1 cup carrots, shredded  
15 oz. part-skim ricotta cheese  
1/4 cup fat-free Parmesan cheese, grated  
1 cup fat-free mozzarella cheese, shredded

Preheat oven to 350°F. Cook lasagna noodles according to package directions, but do not add salt. While noodles are cooking, spray a 9" x 13" baking dish with vegetable cooking spray; set aside.

In a small bowl, combine tomato sauce, garlic and oregano. Mix well. In a medium bowl, combine broccoli, carrots, ricotta cheese, and Parmesan cheese. Mix well.

Drain noodles in a colander. Spread 1/2 cup of tomato sauce in bottom of prepared dish. Place 3 noodles on top of tomato sauce. Spread half of broccoli mixture over noodles. Spoon 1/2 cup of tomato sauce over broccoli; place 3 noodles on top. Spread with remaining broccoli mixture; top with 1/2 cup of tomato sauce.

Top with remaining noodles and tomato sauce; sprinkle mozzarella cheese over top. Bake until bubbling, about 45 minutes. Place on a wire rack and cool for about 15 minutes; cut into squares. Makes 8 servings.

Nutrition information per serving: calories 285; protein 20 grams; fat 10 grams; sodium 412 mg