

ROASTED VEGETABLE LASAGNA

Don't fret, lasagna lovers. Our runner-up recipe was just as delicious as our winner. It boasts meaty eggplant, fresh zucchini and lycopene-rich tomatoes. Whole-wheat noodles pack cancer-fighting fiber and hundreds of natural plant compounds, called phytochemicals, which protect cells from the type of damage that may lead to cancer.

Makes 12 servings.

Per serving: 360 calories, 11 g total fat (5 g saturated fat), 45 g carbohydrate, 23 g protein, 11 g dietary fiber, 310 mg sodium.

INGREDIENTS

2 eggs	2 eggplants (about 3 lbs.), quartered lengthwise
1/2 cup grated Parmesan cheese	6 medium zucchini (about 3 lbs.)
1/2 tsp. ground nutmeg	Canola oil cooking spray
1/2 tsp. garlic powder	1 lb. whole-wheat lasagna noodles
4 cups low-sodium tomato sauce	15 oz. low fat ricotta or low fat cottage cheese (or a combination of both)
3 cups low fat mozzarella cheese	

DIRECTIONS

Preheat the oven to 450 degrees. Grease a 13x9x2-inch baking pan, set aside.

Slice the eggplant and zucchini in 1/2-inch slices. Layer on two baking sheets and coat both sides of the vegetables with cooking spray. Roast for 20 minutes. Toss the vegetables and continue to roast until well browned and soft, about 20 minutes more. Transfer vegetables to a large bowl.

Reduce the oven temperature to 375 degrees.

Cook the lasagna noodles according to package directions. Separate the noodles and let them cool slightly.

Meanwhile, in a medium bowl, mix together the ricotta and/or cottage cheeses, eggs, Parmesan, nutmeg and garlic powder.

To assemble: spread a thin layer of sauce over the bottom of the prepared pan. Cover with a layer of pasta (noodle strips slightly overlapping). Spread with one-third of the ricotta mixture. Sprinkle one-quarter of the mozzarella over the ricotta. Spoon one-third of the roasted vegetables on top. Top with 1/2 cup of tomato sauce and continue the assembly as directed until you have 4 layers of pasta and 3 layers of filling. Spread the remaining sauce on top and sprinkle with the remaining mozzarella cheese.

Cover the pan with aluminum foil and bake for 30 minutes. Uncover and continue to bake until golden and bubbly, about 15 minutes more. Let stand for 15 minutes before serving.

