



Slow Cooker Veggie Lasagna

Serves: 6

Prep Time: 20 minutes

Cook Time: 4-5 hours

Ingredients:

Nonstick cooking spray

1 ½ cups Mozzarella cheese, shredded

½ cup part-skim Ricotta cheese

1/3 cup Parmesan cheese, grated

1 egg, lightly beaten

1 teaspoon dried oregano

¼ teaspoon garlic powder

1 cup marinara sauce (plus additional for serving)

1 medium zucchini, diced

4 no-boil lasagna noodles

1 bag baby spinach

1 cup thinly sliced mushrooms

Preparation:

Spray crockery pot of slow cooker with nonstick cooking spray; set aside. In small bowl, mix together Mozzarella, Ricotta and Parmesan, egg, oregano and garlic powder.

Spread 4 tablespoons marinara sauce in bottom of pot. Sprinkle ½ of zucchini over sauce and top with 1/3 of cheese mixture. Break 2 noodles into pieces to cover cheese. Spread 4 tablespoons of sauce and then layer ½ of spinach and ½ of mushrooms on top. Repeat layering, starting with 4 tablespoons marinara sauce, zucchini, 1/3 cheese mixture, noodles, spinach, mushrooms and remaining cheese mixture and marinara sauce. Firmly press ingredients into pot.

Cover and cook over low heat for 4-5 hours. Allow lasagna to rest 20 minutes so that most of the liquid will be absorbed. Cut into wedges to serve. If desired, spoon a little extra sauce over each serving.

Nutritional Facts:

Nutritional Facts Per Serving:

Serving Size: 1¼ cup

Calories:	240
Total Fat:	10g
Saturated Fat:	6g
Cholesterol:	60mg
Sodium:	380mg
Carbohydrates:	21g
Dietary Fiber:	3g
Protein:	16g
Calcium	35% Daily Value

Cost/recipe:

\$9.53

Cost/serving:

\$1.59

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ON THE
BASICS**

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