

# Skinny Veggie Lasagna

Yield: 9 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-vegetable-saute-recipe>

## Ingredients:

- 3 cups veggies chopped, your choice
- 1/2 chopped onion
- 2 tablespoons minced garlic
- 1 tablespoon olive oil
- 1 cup low fat ricotta cheese
- 1 egg
- 2 cups fresh spinach
- 2 cups tomato sauce
- 1 cup mozzarella cheese shredded
- lasagna noodles

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 45 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 360 milligrams
9. Sugar: 6 grams

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