

Vegetarian Lasagna

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-lasagna-recipe-south-africa>

Ingredients:

- 1 box white button mushrooms chopped, 99¢
- 1 eggplant large, cubed, 99¢
- 1 zucchini large, diced small, 99¢
- 1 white onion diced, 20¢
- 1 carrot large, grated, 25¢
- 1 box frozen spinach thawed and squeezed of all water, 99¢
- 16 ounces cottage cheese 4% fat, \$2.00
- 8 ounces mozzarella cheese shredded, \$2.00
- 9 whole wheat lasagna noodles
- 1 can tomato sauce
- 1 egg
- 3 cloves garlic minced
- 1/2 teaspoon red pepper flakes
- 1 teaspoon italian seasoning
- 1/2 teaspoon dried basil fresh if you got it!
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 1/4 cup olive oil
- pepper
- salt

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 60 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams

8. Sodium: 530 milligrams
 9. Sugar: 6 grams
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