

**Recipe Category: Hot Main Dish** 

## Easy Lentil Lasagna

Yield: 2 servings, about 1 cup each

2 (about 1 ounce) lasagna noodles, not cooked 1/2 cup cooked lentils or cooked dry beans (any kind, such as black, pinto or northern), cooked without salt, rinsed and drained

3/4 cup chunky spaghetti sauce 1/2 cup low fat small curd cottage cheese 1/2 cup shredded part-skim mozzarella cheese 2 tablespoons grated Parmesan cheese

- 1. Wash your hands and work area.
- 2. Cook noodles according to package directions, except do not add salt. Cut each noodle across, yielding four halves. Set aside.
- 3. In a bowl, stir together cooked lentils or beans and spaghetti sauce. Set aside.
- 4. Spray a microwave-safe casserole dish (preferably one with a lid) with non-stick cooking spray.
- 5. Layer half of the ingredients as follows:
  - cooked noodles
  - cottage cheese
  - mozzarella cheese
  - lentil or bean mixture
  - Parmesan cheese
- 6. Repeat layers.
- 7. Cover and heat in a microwave oven set to medium power for about 3 minutes, or until hot.
- 8. Let stand 5 minutes before serving.
- 9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof container.



Meal suggestion: Serve with coleslaw or

steamed cabbage wedges, whole grain toast and grape juice.

This hot main dish is an excellent source of calcium and dietary fiber, and a good source of iron and vitamin A.

## **Nutrition Facts**

Serving Size about 1 cup (270g) Servings Per Container 2

| Calories 340           | Calories | from Fat 90    |
|------------------------|----------|----------------|
|                        |          | % Daily Value* |
| Total Fat 10g          |          | 15%            |
| Saturated Fat 5g       |          | 25%            |
| Trans Fat 0g           |          |                |
| Cholesterol 25mg       |          | 8%             |
| Sodium 820mg           | l        | 34%            |
| Total Carbohydrate 37g |          | 12%            |
| Dietary Fiber          | 7g       | 28%            |
| Sugars 11g             |          |                |
| Protein 24g            |          |                |

## Vitamin A 15% • Vitamin C 4% Calcium 30% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| aspending on ye   | Calories:          | 2,000   | 2,500   |
|-------------------|--------------------|---------|---------|
| Total Fat         | Less than          | 65g     | 80g     |
| Saturated Fat     | Less than          | 20g     | 25g     |
| Cholesterol       | Less than          | 300mg   | 300mg   |
| Sodium            | Less than          | 2,400mg | 2,400mg |
| Total Carbohydra  | ate                | 300g    | 375g    |
| Dietary Fiber     |                    | 25g     | 30g     |
| Calories per gran | n:<br>Sarbobydrate | A Prot  | oin 4   |

2 1/2 carbohydrate choices per serving.

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The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out
more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University
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