

Eggplant Lasagna

Ingredients:

- Non stick spray
- 6 dried lasagna noodles
- 3 cup eggplant, cubed
- 1 medium green bell pepper
- 1 large onion
- ¼ cup basil, fresh
- 3 cloves garlic
- 2 (8oz) cans tomato sauce, unsalted
- 2 tsp Worcestershire, low sodium
- 1/8 tsp salt
- ¼ fennel seed
- 1 cup cottage cheese, low fat
- 1 cup mozzarella cheese, part skim, shredded
- 2 tbsps parmesan grated



Nutrition Facts

Serving Size 10 oz (291g)			
Servings Per Container 6			
Amount Per Serving			
Calories 270	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 3g	15%		
Trans Fat 0g			
Cholesterol 30mg	10%		
Sodium 400mg	17%		
Total Carbohydrate 39g	13%		
Dietary Fiber 3g	12%		
Sugars 10g			
Protein 15g			
Vitamin A 15%	• Vitamin C 50%		
Calcium 25%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Directions:

Preheat oven to 350 F. Spray a 12x8x2 inch glass baking dish with vegetable non-stick spray. In a large stockpot, cook noodles using package directions, omitting salt and oil. Meanwhile, heat a large nonstick skillet over medium-high heat. Remove skillet from the heat and spray with non-stick spray. Cook eggplant, bell pepper, onion and garlic for 10 minutes or until eggplant is tender, stirring occasionally; reduce heat to medium if mixture sticks to skillet. Add tomato sauce, fresh basil, Worcestershire sauce, salt and fennel seeds. Bring to a boil; reduce heat, and simmer uncovered, for 15 minutes or until sauce has slightly thickened and bell pepper is tender. Remove from heat.

To assemble, lay 2 noodles lengthwise in baking dish. Spread a 1 cup eggplant mixture over noodles. Spoon half the cottage cheese over sauce; spread evenly. Sprinkle with ¼ cup mozzarella. Repeat layers twice, ending with remaining ½ cup mozzarella. Tuck ends of noodles if overhanging; cover with aluminum foil. Bake for 30 minutes. Remove from oven; discard foil. Sprinkle lasagna with Parmesan; let stand for 5-10 minutes to allow cheese to melt and to make slicing easier.

Green Beans with Lemon and Garlic

Ingredients:

- 2 cup water
- 1 ½ lb green beans, trimmed
- 1 ½ tbsp Smart Beat margarine
- 1 ½ tbsp olive oil
- 1 garlic clove, minced
- 2 tbsp lemon juice, fresh
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tsp parsley, chopped



Nutrition Facts

Serving Size 1 cup (207g)
Servings Per Container 6

Amount Per Serving

Calories 70 Calories from Fat 35

Total Fat 4g % Daily Value*

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 12%

Sugars 4g

Protein 2g

Vitamin A 20% • Vitamin C 30%

Calcium 4% • Iron 8%

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

	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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

Bring water to a boil. Add beans; cover, reduce heat, and simmer for 8 minutes or until tender. Drain beans; pat dry. Heat oil and margarine in pan over medium heat. Add garlic and sauté 30 seconds. Add beans, juice, salt and pepper. Cook 2 minutes or until thoroughly heated. Sprinkle with parsley.