



Beef and Vegetable Lasagna

INGREDIENTS:

4 cups	Broccoli, cut small
4 cups	Zucchini, cut small
4 cups	Yellow squash, cut small
1 bag	Spinach
1 pound	Lean ground beef
1 teaspoon	Kosher salt
2 teaspoon	Oregano
2 teaspoon	Basil
2 teaspoon	Onion powder
2 teaspoon	Garlic powder
1 cup	Mozzarella cheese, part skim (reserve for top layer)
15 sheets	Lasagna sheets, Whole Wheat
3 cups	Cottage cheese 1%
1 Tablespoon	Italian seasoning
6-8 cups	H3 Marinara sauce

PREPARATION:

- Preheat oven to 350°F.
- Steam veggies and drain well
- Squeeze moisture out of spinach
- Sauté beef with garlic powder, onion powder, basil, oregano, and salt.
- Then add **H3 Marinara** to the beef mixture, about 4 cups. Reserve remaining marinara.
- Turn down heat and let simmer for about 5 to 10 minutes, Set aside.
- Mix cottage cheese with Italian seasoning
- Spray oil a 9 X 13 inch pan
- Place one cup of marinara sauce on bottom of pan; top with lasagna sheets; top with veggies; top with a layer of cottage cheese and meat sauce; then top with lasagna sheets.
- Repeat
- Top last layer of noodles with sauce
- Cover with parchment paper or plastic wrap; then cover with aluminum foil
- Bake Lasagna primavera for 1hour 15 minutes
- Remove covering and top with mozzarella
- Bake 15 to 20 or until cheese has browned

Chef's Note: *Cooking time can be cut down if you pre-cook the noodles, or can be prepared without cooking the noodles. Also, if pan is really full to the top with all layers, be sure to place a sheet or baking pan underneath so there is no mess in your oven 😊*

Number of servings:	12 servings
Serving size:	1/12th of the pan
Calories:	380
Fat grams:	10

