

VEGETABLE & BEAN LASAGNA FOR 1

INGREDIENTS

- 3 T Olive oil (extra-virgin)
 - 1 Onion (Spanish) (finely chopped)
 - 1 Carrot (medium) (finely chopped)
 - 1 Zucchini (medium) (finely chopped)
 - 1 Summer squash (medium) (finely chopped)
 - 1 lb Lasagna sheets
 - 2 C Tomato sauce (recipe on page 2) **OR** use store bought sauce
 - 1 1/2 White beans (canned) (rinsed) (drained)
 - 2 Spinach (10 oz each) (frozen) (chopped) (thawed) (squeezed dry)
 - 3 C Mozzarella cheese (low-fat **OR** Vegan) (shredded)
 - 1/2 C Parmesan cheese **OR** Parma (vegan) (grated) (optional)
- Non-stick cooking spray
Salt & black pepper



DIRECTIONS

- 1 Preheat oven to 375 F.
- 2 Pour olive oil into a saute pan on medium heat
- 3 When oil starts smoking, add the onion & cook until soft (5 minutes)
- 4 Add the carrot & cook (3 minutes)
- 5 Add the zucchini & squash & cook (5 minutes)
- 6 Remove the pan from the heat & allow the vegetables to cool
- 7 Using a 6 inch round cookie cutter, cut 18 circles out of the lasagna sheets
- 8 Coat each of the bottoms of 6 gratin dishes with 1 t tomato sauce
- 9 Place a circle of pasta on top of the sauce
- 10 Add salt & pepper to the beans & divide them between the 6 ramekins
- 11 Divide the spinach between the ramekins & place a second circle on top & gently press it down
- 12 Divide the sauteed vegetables among the ramekins & top with 1 T tomato sauce in each
- 13 Place the 3rd layer of pasta in each ramekin & add 1 T of tomato sauce to each one
- 14 Sprinkle the ramekins with the cheese & lightly spray the non-stick cooking spray
- 15 Place the ramekins on a baking sheet & bake for 20 minutes **OR** until brown & bubbling

NOTES

- 1 Serves 6
- 2 See page 2 for an easy Tomato Sauce recipe



EASY TOMATO SAUCE

INGREDIENTS

- 1/2 c** Olive oil (extra-virgin)
- 1** Onion (small) (chopped)
- 2 cloves** Garlic (chopped)
- 1 stalk** Celery (stalk) (chopped)
- 1** Carrot (chopped)
- Sea salt & black pepper (to taste)
- 2 cans** Tomatoes (totaling 32 oz) (crushed)
- 2** Bay leaves (dried)
- 4 T** Butter (Smart Balance **OR** Earth Balance) (if needed)



DIRECTIONS

- 1** Preheat oven to 375 F
- 2** In a saute pan over medium heat, add the olive oil
- 3** When almost smoking add the onion & cook until soft (5 minutes)
- 4** Add onion & garlic & saute until soft & see thru (5 - 10 minutes)
- 5** Add celery & carrots & season with salt & pepper
- 6** Saute until all the vegetables are soft (5 - 10 minutes)
- 7** Add tomatoes & bay leaves & simmer uncovered on low heat for 1 hour **OR** until thickened
- 8** Remove bay leaves and check for seasoning
- 9** If sauce tastes acidic, add unsalted butter 1 T at a time until it is no longer acidic
- 10** Add 1/2 the tomato sauce into your food processor & process until smooth
- 11** Continue with remaining tomato sauce
- 12** If not using all the sauce, wait until it cools completely
- 13** Pour 1 - 2 C portions into freezer plastic bags
- 14** This will freeze up to 6 months.

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