

Veggie Lasagna

Serves: 6

Preparation: 25 minutes

Cooking: 30 minutes cooking

Ingredients

500g pumpkin or sweet potato, peeled & sliced
2 bunches English spinach or young silver beet, washed & sliced
500g reduced-fat ricotta
6 spring onions, sliced
½ cup chopped parsley
12 sheets instant lasagna, softened in hot water
425g jar tomato pasta sauce

Topping

2 eggs
2 tablespoons plain flour
2 cups low-fat milk
Pinch pepper & ground nutmeg to taste
½ cup grated Parmesan or Romano cheese

Method

1. Preheat oven to 180 °C.
2. Steam the pumpkin for 3 minutes, then cool.
3. Plunge spinach into boiling water until wilted & drain well.
4. In a bowl combine drained spinach ricotta, onion & parsley.
5. Arrange 3 sheets of lasagna on the base of an ovenproof pan (33cm x 23cm). Top with 1/3 each of pumpkin, tomato sauce & spinach ricotta mixture. Repeat twice & top with remaining lasagna sheets.

Topping

1. Break eggs into flour & mix well to remove lumps.
2. Whisk in milk, pour into a saucepan & bring to the boil, whisking until smooth & thickened.
3. Add pepper, pour over top of lasagna & sprinkle with cheese.
4. Bake for 30 minutes or until golden brown.

Serving suggestion

Cut into squares & serve with a green salad.



Recipe from Go for 2 and 5 Website



Opal

