



# Quinoa Lasagna

Here's a healthy makeover to one of our comfort food faves: lasagna. This version is built to satisfy, with wholesome quinoa instead of traditional noodles and added veggies for an even bigger nutritional boost.

## INGREDIENTS

- 2 cups water
- 1 cup quinoa
- 2 tablespoons canola oil or olive oil
- 1 cup onion, chopped
- 1 cup mushrooms, sliced
- 2 cloves garlic, minced
- 2 cups tomato sauce or prepared pasta sauce
- 2 cups no-salt-added, low-fat cottage cheese
- 1 large egg, beaten
- ¼ cup Parmesan cheese, grated
- 2 tablespoons fresh basil, minced (or ½ teaspoon dried)
- 1 tablespoon dried oregano
- 2 cups zucchini, sliced
- 2 cups packed fresh spinach, tough stems removed
- 1½ cups part-skim mozzarella cheese, shredded

## NUTRITION

**Per serving:** Calories: 266, Fat: 11 g, Carbohydrates: 24 g, Protein: 19 g, Fiber: 3 g, Sodium: 507 mg, Potassium: 566 mg

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## PREPARATION *Servings: 8*

1. Coat a 9-by-13-inch baking dish with cooking spray.
2. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork. Evenly spread the quinoa in the prepared dish.
3. Preheat oven to 350 degrees.
4. Wipe out the saucepan, then add oil and heat over medium heat. Add onion; cook, stirring frequently, until transparent and starting to brown, 5 to 6 minutes. Add mushrooms; cook, stirring, until the mushrooms are softened and very little moisture is left in the pan, 3 to 4 minutes. Add garlic and sauce. Stir until hot. Remove from heat.
5. Combine cottage cheese and egg in a medium bowl; mix well. Stir in Parmesan, basil and oregano.
6. Spread one-third of the sauce over the quinoa. Make a layer of all the zucchini, then all the cottage cheese mixture, then half the remaining sauce, then all the spinach. Finish with the remaining sauce, and spread mozzarella on top.
7. Bake the lasagna until it is hot and the cheese is melted, bubbling and slightly browned around the edges, 35 to 40 minutes. Let stand for about 10 minutes before serving.