



EPISODE 4: VEGETARIAN DELIGHTS

Green & White Meatless Lasagna

12 Lasagna Noodles (pre-cooked variety)
½ C. Onion (diced)
2 tbsp. Margarine
2 tbsp. Corn Starch
1 tbsp. Dried Parsley Flakes
1 tsp. Dried Basil
¼ tsp. Garlic Powder

⅛ tsp. Ground Nutmeg
2 C. Low-fat Milk
10-oz. pkg. Frozen Chopped Spinach
2.25-oz. can Sliced Black Olives
15-oz. carton Part-Skim Ricotta Cheese
8-oz. pkg. Part-Skim Mozzarella Cheese
½ C. Grated Parmesan Cheese

Directions:

Béchamel & Spinach Mixture – *Melt margarine in a medium stock pot. Add diced onions and stir for about one minute, until onions are cooked but not clear. Add dried herbs and spices, followed by corn starch, and continue stirring. Pour in milk and whisk at medium tempo to keep milk from burning. When sauce begins to simmer, add thawed spinach (squeeze out moisture prior), black olives, mozzarella cheese and half of the parmesan cheese. Stir together and remove from heat.*

Ricotta Cheese Mixture – *Add ricotta cheese and one egg into a medium mixing bowl. Sprinkle in salt and fresh ground pepper to taste. Mix thoroughly with a spoon.*

Lasagna – *Spray 9”x13” glass baking dish with cooking spray; place 4 pre-cooked lasagna noodles along the bottom. Spoon 1/3 of the spinach and béchamel mixture over the noodles and spread evenly. Spoon half of the ricotta mixture over the noodles. Place another layer of noodles on top and press down gently. Repeat process with the spinach and béchamel mixture and ricotta, and add another layer of noodles. Finally, spread the remaining ricotta across the top layer of noodles, and sprinkle with remaining parmesan cheese. Bake for 45 minutes at 450°F. (For thicker lasagna, use layers of 3 noodles each in a smaller baking dish.)*

Next page: Primavera with Zucchini Tomato and Corn



EPISODE 4: VEGETARIAN DELIGHTS

Primavera with Zucchini, Tomato and Corn

1 lb. Whole Wheat Penne Pasta
2 tsp. Vegetable Oil
1 Clove Garlic (minced)
1 Medium Red Onion (diced)
2 C. Fresh Zucchini (chopped)
2 C. Fresh Tomato (chopped)

1 C. Frozen Corn (thawed)
¼ C. Italian Flat-Leaf Parsley (minced)
½ tsp. Hot Red Pepper Flakes
1 C. Skim Milk
½ C. Fresh Grated Parmesan Cheese

Directions:

Cook pasta according to package directions, drain, and set aside.

Heat vegetable oil in a large skillet. Add garlic and stir until it starts to sizzle. Add red onion and zucchini and continue to sauté for just over a minute. Add corn, tomatoes, parsley and red pepper flakes. Stir together until heated through. Add milk and parmesan cheese and stir. Mix in cooked pasta. Serve immediately.