

LIGHT LASAGNA

6 servings

Per Serve: Calories 422, F:16g, P:38g, C: 30g

This is a very tasty and lighter version of this classic, a bit more time in the kitchen but it does produce a lot!



Bolognese

1 tablespoon of olive oil

1 onion diced

2 gloves of garlic minced

500g of lean mince - beef, pork, turkey, chicken and grated tofu are OK

3 cups of grated or diced veg -I used

1 cup of grated carrot

1 cup of grated zucchini

1 cup of diced mushroom

1 can of tomatoes (I use Mutti)

1 jar of passata (I use Mutti)

1 tablespoon of Bolognese seasoning (I use mingle or masterfoods)

1 tablespoon of tomato paste

Cheese Sauce

200g of cottage cheese (note you could use 1 - 2 cups of cooked pumpkin instead of the cottage cheese)



1 egg

¼ cup of grated parmesan

Salt and pepper to taste

Sheets

1 sweet potato sliced thinly (note you could use pumpkin, zucchini or eggplant)

3 lasagna sheets

Crunchy Top - Optional (but amazing!)

3 slices of bread

1 cup of fresh basil leaves

1 tablespoon of parmesan

½ cup of mozzarella

DIRECTIONS

Preheat the oven to 200C

Make the Bolognese (feel free to make extra as it is super useful)

1. Gently cook the onion and garlic until the onion is transparent
2. Add the mince and brown
3. Add the vegetables and stir through
4. Once mince is browned and vegetables are cooked add the can of tomatoes
5. Add the tomato paste and pour in the jar of passata
6. Add ½ cup of water to the passata jar, swish around to clean the jar than add to the mix
7. Add the herbs and spices
8. Leave to simmer gently

Prepare the slices.

I find it is necessary to pre-cook to dry them out a little, less time to cook if you use zucchini

1. Slice the sweet potato, place on a tray.
2. Spray with olive oil, sprinkle on some of the Bolognese herb mix and some parmesan

3. Place in the oven, turn after 15 minutes - check to see if soft after 30 minutes then remove
4. Reduce oven temperature to 180C

Prepare the Lasagna

1. Make the crunchy top in the blender - place the bread, basil and parmesan and whiz until small crumbs. Place in a bowl and mix in mozzarella
2. In a bowl mix the cottage cheese, egg and parmesan - if you are feeling fancy place this mixture in your blender and whiz to make it smoother (totally optional)
3. Now assemble the lasagna in an appropriate dish
 - Place a thin smear of Bolognese in the bottom of the dish
 - Add a layer of lasagna sheets (should be 1.5 sheets)
 - Add a thin layer of cheese sauce
 - Add a thin layer of Bolognese
 - Keep adding layers of sweet potato, cheese and Bolognese until you are near the top then
 - Add a layer of Lasagana sheets
 - Add a thin layer of mixed cheese sauce & Bolognese
 - Top with crunchy mix

Note you could skip the pasta if you like, I feel it helps hold it together, you could also add more or less.

Place on a tray (in case it bubbles over) in your oven for 45 minutes

Enjoy with a nice lettuce salad