

# Vegetarian Lasagna

Billie Nunan - Mission Viejo, CA

Treasure Classics - National LP Gas Association - 1985

## Servings: 6

*2 packages (10 ounce)  
frozen chopped spinach,  
thawed and drained  
3 cups low-fat cottage  
cheese  
3 egg whites  
2 teaspoons parsley flakes  
1/2 teaspoon pepper  
1/2 teaspoon thyme  
1/2 teaspoon basil  
1/2 teaspoon garlic powder  
1 package (8 ounce)  
lasagna noodles  
1 quart spaghetti sauce  
2 tablespoons Parmesan  
cheese*

## Preparation Time: 30 minutes

### Bake Time: 45 minutes

In a bowl, combine the cottage cheese, egg whites, parsley, pepper, thyme, basil and garlic powder.

Cook the lasagna noodles according to package directions.

In an 11x13-inch baking dish, place a thin layer of sauce. Then a layer of noodles, then a layer of cottage cheese mixture and a layer of the thawed, drained spinach. Continue layering, finishing with a layer of spaghetti sauce and cheese.

Bake at 375 degrees for 45 minutes.

Best when served with salad and French or Italian bread.

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Per Serving (excluding unknown items): 288 Calories; 9g Fat (27.0% calories from fat); 12g Protein; 44g Carbohydrate; 11g Dietary Fiber; 1mg Cholesterol; 995mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Vegetable; 1 1/2 Fat.