

Vegetable Lasagna

(from www.LowSodiumCooking.com)



Ingredients:

- 1 Eggplant
- 2 Zucchini
- 8 oz. Mushroom
- 1 onion
- 2 c. Marinara
- 1 c. Mozzarella (skim)

Directions:

Step 1: Wash vegetables

Step 2: Heat up the grill.

Step 3: Slice eggplant and zucchini lengthwise.

Step 4: Grill eggplant and zucchini slices.

Step 5: Dice mushrooms and onions.

Step 6: Layer in dish, starting with marinara.

Step 7: Finish top off sauce and cheese.

Step 8: Bake at 400 degrees for 15-20 minutes or until cheese is melted.

Step 9: Enjoy!

*Thank you to www.LowSodiumCooking.com for this great idea- check out their website for other recipes.
For more recipes, audio and video shows on health and fitness, head over to www.WithAmyMac.com*