



Hungry Girlfredo White Lasagna



1/4th of lasagna (1 large piece): 290 calories, 7g total fat (3.5g sat. fat), 726mg sodium, 33g carbs, 3g fiber, 10g sugars, 23g protein

Prep: 15 minutes **Cook:** 45 minutes

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Ingredients

3 medium zucchini, ends removed
1 cup fat-free ricotta cheese
2 large egg whites or 1/4 cup liquid egg whites
1 tsp. chopped garlic
1/4 tsp. dried oregano
1/4 tsp. dried basil
1/4 tsp. salt, divided
1/4 tsp. black pepper, divided
1 1/2 cups chopped mushrooms
2 cups chopped spinach
3/4 cup fat-free sour cream
4 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
4 tbsp. reduced-fat Parmesan-style grated topping, divided
4 sheets oven-ready lasagna noodles (like [the kind by Ronzoni](#))
1/2 cup shredded part-skim mozzarella cheese
Optional: additional salt and black pepper

Directions

Preheat oven to 425 degrees.

Slice zucchini in half widthwise, and then slice each half lengthwise into 1/4-inch thick strips. Set aside.

In a medium bowl, combine ricotta cheese, egg whites, garlic, oregano, basil, 1/8 tsp. salt, and 1/8 tsp. black pepper. Stir well and set aside.

Bring a skillet sprayed with nonstick spray to medium-high heat on the stove. Add mushrooms and, stirring occasionally, cook until softened, about 4 minutes. Add spinach and cook until spinach has wilted and excess moisture has evaporated, about 2 more minutes.

Remove skillet from heat and let cool. Blot away excess moisture from veggies, using paper towels. Transfer contents to the bowl of ricotta mixture and set aside.

Re-spray skillet and return to medium-high heat. Working in batches, cook zucchini until softened, about 2 minutes per side; remove skillet from heat and re-spray between batches. Set zucchini aside.

To make the sauce, in a microwave-safe bowl, combine sour cream with cheese wedges, breaking cheese wedges into pieces as you add them. Stir in 2 tbsp. Parm-style topping, remaining 1/8 tsp. salt, and remaining 1/8 tsp. black pepper. Microwave for 30 - 45 seconds, until very warm. Stir until smooth and set aside.

Spray an 8" X 8" baking pan with nonstick spray. Evenly place 1/3rd of the cooked zucchini strips on the bottom. With a spoon or spatula, spread half of the ricotta-veggie mixture on top. Evenly top with 2 lasagna sheets, followed by 1/3rd of the sauce.

Repeat layering with the same amounts of zucchini, ricotta-veggie mixture, lasagna sheets, and

sauce. Evenly top with remaining zucchini, followed by remaining sauce. Sprinkle with mozzarella and remaining 2 tbsp. Parm-style grated topping.

Bake in the oven for 25 - 30 minutes, until cheese starts to brown.

If you like, season to taste with additional salt and black pepper.

MAKES 4 SERVINGS

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