

Three-Cheese Lasagna (Serves 6)

Recipe from Cooking Light, March 2013

Ingredients:

1 cup part-skim ricotta cheese
1/4 cup fresh flat-leaf parsley, divided
1 Tbsp chopped fresh oregano
1 tsp. chopped fresh thyme
1/2 tsp. kosher salt
1/2 tsp. freshly ground black pepper
6 ounces shredded part-skim mozzarella cheese, divided (about 1 1/2 cups)
1 ounce fresh Parmesan cheese, grated, and divided (about 1/4 cup)
1 egg, lightly beaten
1/4 cup torn fresh basil
1/8 tsp. ground red pepper
4 garlic cloves, minced
1 (24-ounce) jar lower-sodium pasta sauce
9 cooked lasagna noodles
Cooking spray

Directions:

1. Preheat oven to 375 degrees.
2. Combine ricotta, 2 Tbsp parsley, oregano, thyme, salt, black pepper, 1 cup mozzarella, 1 Tbsp Parmesan cheese, and egg in a small bowl. Combine basil, red pepper, garlic and pasta sauce in a medium bowl.
3. Cut the noodles into 9 (7x2-inch) pieces; discard remaining pieces. Spread 1/2 cup pasta sauce mixture in bottom of an 8-inch square glass or ceramic baking dish coated with cooking spray. Arrange 3 noodles over pasta sauce mixture; top with about 2/3 cup ricotta mixture and 3/4 cup pasta sauce mixture. Repeat layers twice, ending with 1/2 cup pasta sauce mixture. Top evenly with the remaining 1/2 cup mozzarella and remaining 3 Tbsp Parmesan cheese. Bake at 375 degrees for 40 minutes.
4. Preheat broiler to high. (Keep lasagna in oven.)
5. Broil lasagna for 2 minutes or until cheese is golden brown and sauce is bubbly. Let stand 10 minutes. Sprinkle with remaining 2 Tbsp parsley.

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