



Slow-Cooked, Low-Carb Vegetable Lasagna

INGREDIENTS

1 (12-oz.) Zucchini, cut into ¼ inch thick slice
½ (18-oz.) Eggplant, cut into ¼ inch thick slices
1 package(s) (8-oz.) Sliced baby bella mushrooms
1 tsp Hy-Vee salt, divided
3 tbsp Gustare Vita pesto
1 package(s) (8-oz.) Hy-Vee shredded mozzarella (2 cups), divided
½ cup Hy-Vee whole milk ricotta cheese
2 tbsp Soirée grated Parmesan cheese
1 cup Gustare Vita tomato basil pasta sauce, divided
1 cup Hy-Vee Short Cuts chopped white onions
½ package(s) (8-oz.) Soirée sliced fresh mozzarella
Coarsely ground Hy-Vee black pepper, for garnish
Fresh basil, for garnish

PREPARATION

- 1** Place oven rack 4-inch from heat. Preheat broiler to high. Place wire racks in 2 large rimmed baking pans; spray with nonstick spray. Place zucchini, eggplant, and mushroom slices in a single layer on prepared racks in pans. Sprinkle with ¼ teaspoon salt.
- 2** Broil vegetables on each pan for 6 to 8 minutes or until vegetables begin to brown, turning halfway through. Place vegetables on paper towels; pat dry and cool. Brush one side of cooled zucchini and eggplant slices with pesto; sprinkle with ¼ teaspoon salt. Set vegetables aside.
- 3** Stir together 1½ cups shredded mozzarella, ricotta, and Parmesan cheeses, and remaining ½ teaspoon salt in a medium bowl.
- 4** To assemble, spread ¼ cup pasta sauce in bottom of a 4-quart slow cooker. Layer with half each of the onions, mushroom, eggplant, and zucchini. Spread with ¼ cup pasta sauce; top with half of ricotta cheese mixture. Layer with remaining onions, mushrooms, eggplant, zucchini, remaining ½ cup pasta sauce, and ricotta cheese mixture. Top with remaining ½ cup shredded mozzarella and fresh mozzarella slices.
- 5** Cover and cook on high for 2½ to 3 hours or low for 4 to 5 hours or until eggplant is tender. *Note: To cook on low heat setting, top with remaining ½ cup shredded mozzarella and fresh mozzarella during the last 1 hour of cooking.
- 6** To serve, cut lasagna and place on serving plates. Garnish with cracked black pepper and basil, if desired.

NUTRITION FACTS

Calories: 270
Total Fat: 19g
Saturated Fat: 10g
Trans Fat: 0g
Cholesterol: 35mg

Sodium: 930mg
Carbohydrates: 11g
Fiber: 1g
Sugar: 7g
Protein: 19g