



Lentil Lasagna

For added flavor, sprinkle cheese on top of lasagna 5 minutes before it is done baking in the oven!

Nutrition Facts (based on 8 servings): Calories 340 | Total Fat 9 g | Saturated Fat 4 g | Calcium 251 mg | Sodium 935 mg | Carbohydrates 46 g | Dietary Fiber 8 g | Protein 49 g

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Lentil Lasagna

Servings: 8

Preheat oven to 350°

INGREDIENTS

Dry USA lentils	1 cup
Water	2 ¼ cups
Fennel seeds	1 ¼ tsp
Salt	1 tsp.
Lasagna noodles	8 oz.
Onion, chopped	2 tbsp.
Garlic, minced	3 cloves
Olive oil	2 tbsp.
Zucchini, sliced	2 medium
Tomato sauce	2 cans (15 oz.)
Sugar	1/8 tsp.
Dried basil leaves	1 tsp.
Mozzarella cheese	1 ½ cups

DIRECTIONS

- 1. In a medium saucepan, combine lentils, water, fennel seeds, and salt. Bring to a boil. Reduce heat, cover and simmer 30-40 minutes, or until lentils are very tender and almost all the liquid is absorbed. Mix lentils with tomato sauce, sugar, and basil.*
- 2. Meanwhile, cook lasagna noodles according to package directions. Drain noodles and rinse with cold water.*
- 3. In a large skillet over medium high heat, cook onions and garlic in 1 ½ tbsp oil until they are tender, about 5-7 minutes. Turn onions into a bowl and set aside. To skillet add remaining ½ tbsp oil and zucchini and cook, stirring until zucchini is tender (about 8 minutes).*
- 4. Arrange half the lasagna noodles over bottom of baking pan. Arrange zucchini slices evenly over noodles, then spread half the lentils over the zucchini and then half the cheese over the lentils. Top with remaining noodles, then with onions, and finally with remaining lentil mixture. Bake for 30 minutes.*

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