

DINNER

Creamy Veggie Lasagna

Ingredients:

- 1 lb. lasagna noodles

White sauce

- 1/2 cup butter
- 3/4 cup flour
- 2-8 oz. bottles Vanilla Ensure Plus®
- 1 cup heavy cream
- 1 teaspoon garlic powder
- 1 cup grated parmesan cheese
- 2 cups whole milk ricotta cheese
- 2 cups mozzarella cheese

Vegetable filling

- 3 tablespoons extra-virgin olive oil
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 3 carrots, thinly sliced
- 1 zucchini, sliced
- 1 can diced tomatoes



Directions:

- Cook noodles according to package directions. While noodles are cooking, prepare the white sauce by melting butter in saucepan over medium heat.
- Stir in flour to make paste. Gradually add cold Ensure Plus® and cream, stirring with whisk until well blended. Cook over medium heat until thickened. Add garlic powder, parmesan cheese, and ricotta cheese. Remove from heat and set aside.
- Prepare vegetable filling by sautéing onion and green pepper in oil until softened. Add carrots, zucchini, and diced tomatoes and cook together for 5 minutes.
- In the bottom of a 9 x 11-inch greased casserole dish, place 3 long noodles. Spread half of the vegetable mixture over noodles. Next, spread half the white sauce over the vegetables and sprinkle with half mozzarella cheese. Repeat and end with 3 long noodles. Reserve last 1/2 of mozzarella for top layer.
- Bake in 350 degrees F oven for 30 minutes.

Nutrition Facts (per 1 serving):

- Makes 9 servings
- 700 calories
- Total Fat: 42 g.
- Saturated Fat: 22 g.
- Sodium: 662 mg.
- Total Carbohydrate: 45 g.
- Dietary Fiber: 2 g.
- Protein: 32 g.