

Quinoa Lasagna



INGREDIENTS

- 2 cups water
- 1 cup quinoa
- 2 tablespoons canola oil or olive oil
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 2 cups tomato sauce or prepared pasta sauce
- 2 cups no-salt-added low-fat cottage cheese
- 1 large egg, beaten
- 1/4 cup grated Parmesan cheese
- 2 tablespoons minced fresh basil or 1/2 teaspoon dried
- 1 tablespoon dried oregano
- 2 cups sliced zucchini

2 cups packed fresh spinach, tough stems removed
1 1/2 cups shredded part-skim mozzarella cheese

PREPARATION

1. Coat a 9 x 13 inch baking dish with cooking spray. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 min.(can be made in a rice cooker) Fluff with a fork.
2. Preheat oven to 350 deg F
3. Layer bottom of baking dish with sliced zucchini. Sprinkle with 1/2 c shredded cheese. Cover with quinoa.
4. Wipe out you quinoa pot, then add oil and heat over medium heat. Add onion: cook, stirring frequently, until transparent and starting to brown, 5-6 minutes. Add mushrooms; cook stirring, until the mushrooms are softened and very little moisture is left in the pan, 3-4 minutes. Add garlic and sauce. Stir until hot. Remove from heat.
5. Combine cottage cheese and egg mixture in a medium bowl; mix well. Stir in Parmesan cheese, basil and oregano.
6. Spread 1/3 of sauce over the quinoa, then all the cottage cheese mixture, then half the remaining sauce, then all the spinach. Finish with the remaining sauce and spread the remaining mozzarella on top.
7. Bake the lasagna until it is hot and cheese is melted, bubbling and slightly browned around the edges, 35-40 minutes. Let stand for about 10 minutes before serving.