**From LOSING IT! With Jillian Michaels**  
Wednesday, November 09, 2011

**You'll Love This Lasagna**

****Pasta doesn't have to be unhealthy — this low-fat lasagna recipe brings a whole lot of flavor for very little calorie count. Don't worry, it's still cheesy, delicious, and filled with onions, spinach, and mushrooms. Think of it as restaurant style, without all of the fat! If you can, use whole-wheat pasta to make this healthy recipe even healthier!

**Low-Fat Vegetable Lasagna**

**Ingredients**

* 9 lasagna noodles, uncooked
* 1 medium yellow onion, chopped
* 1 teaspoon vegetable oil
* 2 cloves garlic, crushed
* 8 ounces mushrooms, sliced thin (optional)
* 1/4 cup fresh parsley, chopped
* 1/4 tablespoon salt
* 1 (10 oz.) package frozen spinach, thawed, drained thoroughly
* 1/2 teaspoon dried oregano
* 1/2 teaspoon dried basil
* 2 cups meatless tomato sauce
* 15 ounces low-fat ricotta cheese
* 3/4 cup shredded part-skim mozzarella cheese
* 2 tablespoon grated Parmesan cheese

**Preparation**

Prepare pasta according to package directions; drain and cover with cool water until ready to use.

While pasta is cooking, combine onions and oil in a skillet over medium heat until golden, about 5 minutes. Add the garlic and cook about 1 minute. Spoon out half the onions and reserve for later. Add the mushrooms (if using) to the onions in the skillet. Cook, stirring over medium heat, until the mushrooms are tender and slightly browned, about 7 minutes. Add the parsley and a pinch of salt; transfer to a bowl.

Add the reserved cooked onion and the spinach to the skillet. Cover and cook over medium heat until the spinach is wilted, about 3 minutes. Uncover and cook over medium heat to evaporate any excess moisture, about 1 minute. Season with a pinch of salt.

Heat oven to 350° F. Drain the lasagna and pat dry with paper towels. Mix the oregano and basil with the tomato sauce. Spread 1 cup tomato sauce in the bottom of a 13 x 9 x 3-inch pan. Arrange 3 lasagna pieces, slightly overlapping, in the pan. Spoon the spinach mixture on top in an even layer. Spread with half of the ricotta. Sprinkle with 1/4 cup of the shredded mozzarella cheese.

Arrange a layer of 3 more lasagna pieces. Spread with the mushrooms, the remaining ricotta mixture, and 1/4 cup of the mozzarella. Top with the remaining 3 pieces of lasagna, 1 cup of tomato sauce and 1/2 cup of the mozzarella cheese. Sprinkle with Parmesan cheese. Bake until brown and bubbly, about 45 minutes.

*Makes 8 servings*   
  
**Prep Time:** 15 mins   
**Cook Time:** 1 hr   
**Total Time:** 1 hr 15 mins   
  
**Nutrition Facts**   
Number of Servings: 8   
**Amount Per Serving**   
Calories: 243   
Total Fat: 7.7 g   
Cholesterol: 23.7 mg   
Sodium: 228 mg   
Total Carbohydrate: 29.9 g   
Protein: 15.1 g