

LOW CALORIE LASAGNE

Preparation Time: 30 - 40 minutes depending on the amount

Cooking Time: 30 – 40 minutes depending on the amount

Cooking Temperature: 350° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Lasagne sheets, pre cooked	3 Sheets	6 Sheets	9 Sheets	12 Sheets
Black pepper, freshly ground	To taste	To taste	To taste	To taste
Meat Sauce:				
Egg plant, peeled and diced	¼ Medium	½ Medium	¾ Medium	1 Medium
Red onions, chopped	½ Medium	1 Medium	1 ½ Medium	2 Medium
Mushrooms, chopped	5 Medium	10 Medium	15 Medium	20 Medium
Garlic cloves, crushed	1 Clove	2 Cloves	3 Cloves	4 Cloves
Red wine	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Extra lean ground beef	½ Cup	1 Cup	1 ½ Cups	2 Cups
Kidney beans, canned, rinsed, drained	¼ Can	½ Can	¾ Can	1 Can
Tomatoes, canned and chopped	¼ Can	½ Can	¾ Can	1 Can
White sauce:				
Canola margarine	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Cake flour	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Milk, fat free (skim)	1 Cup	2 Cups	3 Cups	4 Cups

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Method:

- Preheat the oven.
- Place the egg plant, onions, mushrooms, garlic and wine in a large nonstick saucepan. Cover and allow to simmer for 15 - 20 minutes.
- Uncover and cook for a further 5 - 10 minutes or until the egg plant is tender and the liquid is absorbed, adding a little more water if necessary to prevent burning.
- Remove from the heat and allow to cool slightly, then puree in a food processor or blender.
- Brown the ground beef in a nonstick frying pan. Once the meat has turned a pale brown, add the kidney beans, egg plant mixture, tomatoes and pepper to taste.
- Allow the mixture to simmer uncovered for 10 - 15 minutes or until reduced.
- To make the white sauce, melt the margarine over medium heat, add the flour, then add the milk gradually to avoid lump formation. Continue stirring until the mixture thickens.
- Alternate layers of meat, white sauce and pasta, (starting with the meat and ending with white sauce) in an ovenproof dish.
- Bake for 30-40 minutes until browned and bubbling, serve and enjoy.

Tips to Reduce Preparation & Cooking Time:

- Cook the meat sauce in advance and refrigerate until ready to make the lasagne.
- Cook extra meat sauce and freeze it, then defrost when ready to use for the lasagne.
- Prepare the lasagne in advance and simply place it into the oven and cook 30 - 40 minutes.
- Use a sharp knife when preparing the vegetables.
- Use a vegetable peeler to peel the egg plant as this saves time and prevents waste.
- Use crushed garlic or garlic flakes to decrease preparation time.
- You can make a vegetarian lasagne by adding more beans or lentils and removing the ground beef from the lasagna.
- Substitute kidney beans with black beans or lentils.

Low Fat Lasagne - Analysis per Serving	
Energy:	
Calories (kcal):	334
Protein (g):	21.6
Total Fat (g):	12.4
Saturated Fat (g):	4.3
Monounsaturated Fat (g):	4.7
Polyunsaturated Fat (g):	1.8
Omega-3's (g):	0.0
Cholesterol (mg):	44.0
Carbohydrates (g):	34.8
Of which is sugars (g):	0.8
Fiber (g):	5.6
Sodium (mg):	176.0