

Chunky Vegetarian

16 oz. diced tomatoes
2 c. mozzarella
½ c. parmesan
16 oz. cottage cheese
1 egg
4 t. parsley
2 T. oil
1 clove garlic
1 red pepper, chopped
1 green pepper, chopped
3 carrots, chopped
15 oz. frozen broccoli, thawed
16 oz. Pesto
9-12 whole wheat lasagna noodles
3 T. butter
3 T. flour
2 c. milk

Cook lasagna noodles and drain. In a large skillet cook garlic, peppers, carrots, and broccoli in oil till tender but not brown; stir in Pesto and tomatoes. Set aside.

Make sauce by melting butter in a saucepan. Add flour and stir constantly till well mixed. Add milk gradually continuing to stir. Bring to a boil and cook and stir 1 minute more. Set aside.

In a medium bowl stir together cottage cheese, parmesan, egg, and parsley.

Layer as follows in a sprayed 9X13 pan:

Tomato mixture (thin layer on bottom)

Noodles

Egg mixture

Mozzarella

Sauce

Repeat layers once or twice more depending on pan size. Sprinkle parmesan on top. Bake covered at 350° for 40 minutes.