



Italian Vegetable Casserole

Yield: 6 servings

Ingredients:

- 4 ounces dry (or 3 cups cooked, cooled) spaghetti or egg noodles
- 1 minced garlic clove
- 1 1/2 teaspoons fresh finely chopped (or 1/2 teaspoon dried) rosemary
- 1 1/2 teaspoons fresh (or 1/2 teaspoon dried) finely chopped oregano
- 16 ounces no- salt- added tomato sauce
- 1 1/2 cups diced zucchini
- 1 cup coarsely chopped broccoli
- 1/2 cup chopped onion
- 1 cup firmly packed fresh spinach leaves, coarsely chopped
- 1 cup grated carrots
- 8 ounces part-skim cottage cheese
- 2 eggs
- 2 tablespoons grated Parmesan cheese
- 2 cups (8 ounces) part-skim shredded mozzarella cheese



Directions:

1. Wash your hands and work area.
2. If not using already-cooked noodles, cook according to package directions only with no added salt. Drain. Rinse in cool water. Drain again. Cut spaghetti noodles into short pieces.
3. Preheat oven to 350° F.
4. Meanwhile, mix garlic, rosemary, oregano and tomato sauce. Set aside.





5. Cook zucchini, broccoli and onion in a skillet sprayed with non-stick cooking spray, over medium heat with 1/4 cup water until crisp-tender. (Or cook in microwave without water.)
6. Add spinach to vegetable mixture. Cook until just warm. Remove from heat. Stir in carrots. Set aside.
7. In a medium bowl, mix cottage cheese, egg, and Parmesan. Set aside.
8. In an 8 x 8" baking pan, sprayed with nonstick cooking spray, place noodles, then add cottage cheese mixture, followed by the cooked vegetable mixture, then tomato sauce mixture.
9. Sprinkle mozzarella over top.
10. If desired, cover, refrigerate and cook casserole later today or tomorrow.
11. Cover with aluminum foil and bake at 350° F. for 30-40 minutes, or until hot and bubbly. Remove cover and bake 10 minutes longer, or until the layer of cheese is light brown.
12. Remove casserole from oven. Wait 10 minutes before serving. Cut into 6 pieces. Serve hot.
13. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts: Calories, 270; Calories from fat, 80 ; Total fat, 9g; Saturated fat, 5g; Trans fat 0g; Cholesterol, 95mg; Sodium, 420mg; Total Carbohydrate, 25g; Fiber, 3g; Protein, 20g; Vitamin A, 130%; Vitamin C, 35%; Calcium, 35%; Iron, 10%.

Source: *Fix It Fresh! Fruits and Vegetables Recipes Series*, Kansas State University Research and Extension

