

VEGETARIAN LASAGNA

1 15 oz can kidney beans, drained & rinsed	2 t salt
½ lb lasagna noodles, cooked	3 T oil
½ lb fresh mushrooms, sliced & sautéed	2 t dried oregano
2 med onions, chopped	1 t dried basil
4 cloves garlic, minced	¾ lb mozzarella cheese, grated
¼ c fresh parsley, chopped	2 c Ricotta cheese
2 c tomato sauce	½ c Parmesan cheese, grated

Sauté onions and garlic in oil. Stir in tomato sauce, seasonings and salt. Cook for 30 minutes.
Stir in mushrooms and beans.

Place a layer of noodles in 9x9" baking dish. Cover with 1/3 of the tomato mixture, then 1/3 of each cheese.
Repeat each layer twice more, ending with Parmesan cheese.

Bake at 375°F for 20 minutes. Cut in squares to serve.
Makes 8 servings.

Calories: 464, Carbohydrate: 41 grams, Protein: 27 grams, Fat: 23 grams.