

Low Cholesterol Lasagna

Total Time: Under 4 Hours

Yield: 6-8 SERVINGS

Ingredients

- 1 pint of low fat ricotta
- 1 package of low fat shredded mozzarella
- 12 sheets of cooked lasagna
- 2 pc yellow squash, sliced thin and roasted
- 2 pc zucchini sliced thin and roasted
- 2 pc Japanese eggplant sliced thin and roasted
- 2 pc red bell pepper diced
- 2 pc green bell pepper diced
- 2 pc yellow pepper diced
- 1 pound chicken Italian sausage
- 1 pound turkey Italian sausage
- 2 cans Rega's canned tomato
- 2 Spanish onions (small dice)
- 12 cloves garlic sliced paper thin
- 3 tablespoons of extra virgin olive oil

Directions

For the cooking tray you need a casserole pan 2 inches deep by 4 inches wide.

In a Rondeau, place the extra virgin olive oil and sweat the onions and garlic until soft. Add the two types of sausage and diced peppers. Cook for about 10 minutes on medium heat. Add the tomatoes and cook for 1/2 an hour. In the pan lay 3 sheets of pasta. Hit it with a layer of tomato sauce (1 each). Add a couple drops of ricotta and some mozzarella. Repeat 3 times and top it with some extra sauce and cheese. Bake at 300 for 1 1/2 hours.

