

'What's Cooking!' Recipe Cards

VEGETABLE LASAGNA

**Food Fact:-**

Tomatoes contain a powerful anti-oxidant called **LYCOPENE**, scientists believe it can help prevent cell damage lowering the risk of heart disease and some cancers.

Preparation time **8MINS**

Serves 4-6

Cooking time **20MINS**



VEGETABLE LASAGNA

Ingredients

1. Cook the oil, garlic and onion, covered, on **FULL** power for 2 minutes.
2. Stir in the tomatoes, tomato puree, vegetables, herbs and seasoning.
3. Cover and cook on **FULL POWER** for 4-5 minutes, stirring occasionally.
4. Put a layer of sauce into a rectangular dish. Add 2 or 3 sheets of lasagna to cover. Repeat with another layer finishing with lasagna sheets
5. Mix together cheese and milk until smooth and spread on top of lasagna.
6. Cook on **FULL** power for 12-14 minutes (test that lasagna is soft and cooked with a knife)
7. Serve with a crispy salad.

tbsp vegetable oil
 1 garlic clove, crushed
 1 medium onion, finely chopped
 400g can chopped tomatoes
 15ml (1 tbsp) tomato puree
 chopped vegetables eg: peppers, mushrooms, sweetcorn, broccoli, courgette or peas
 6-8 lasagna sheets
 200g tub low fat soft cheese
 50ml skimmed milk
 dried mixed herbs, to taste
 freshly ground black pepper

