

FODMAP Recipe

Vegetarian lasagne

Serves - 8

Cooking time - 45 minutes

Nutrition Info

Energy :	874 kJ
Protein :	14g
Carbohydrates :	11g
Sugar :	8g
Total Fat :	12g
Saturated Fat :	6g
Fibre :	3g

Ingredients

1¼ tablespoon garlic infused olive oil	22g
2 medium zucchini (courgette)	350g
1 medium red capsicum (bell pepper)	92g
½ medium sweet potato	185g
1 teaspoon dried oregano	2g
1 handful baby spinach leaves	50g
canned, diced tomatoes	500g
1 cup low fat ricotta cheese	240g
cottage cheese	150g
¾ cup milk, low fat (lactose free if required)	193g
6-8 lasagne sheets, gluten free	80g

Steps

1	Preheat oven to 180°C. Heat the olive oil in a pan. Saute the zucchini, capsicum, sweet potato, and oregano over a medium heat until they start to soften.
2	Add the tomatoes to the vegetable mix and bring to the boil. Then add the spinach or silverbeet. Season, cover and remove from heat.
3	To make the cheese sauce, combine the milk, ricotta and cottage cheese together to form a sauce. The consistency should be similar to a thick white sauce.
4	Lightly oil a baking dish and spread about half the vegetable sauce into a flat layer.

6	Top with half of the cheese mixture and another layer of lasagne sheets.
7	Carefully spread the remaining cheese sauce on top and top with mozzarella cheese.
8	Bake for 30-40 minutes until it is golden brown and cooked through the centre, let stand for 10 minutes before cutting and serving.