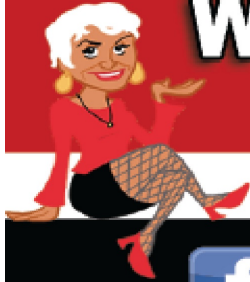


WEIGHT ★ NO ★ MORESM DIET CENTER



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ITALIAN VEGETABLE PIE

Advanced Lifestyle

Ingredients

2 TSP olive oil
1 cup chopped green bell pepper
1 cup chopped onion
1 cup chopped mushrooms
1 (12.3 oz.) package firm tofu, drained and crumbled
3 garlic cloves, minced
3 TBS tomato paste
1 TSP dried Italian seasoning
1 TSP fennel seeds
1/4 TSP crushed red pepper
1 (25.5 oz.) jar fat-free marinara sauce
6 cooked lasagna noodles, cut in half crosswise
cooking spray
1-1/2 cups (6 oz.) shredded part-skim mozzarella cheese
1/4 cup grated Parmesan cheese

Instructions

1. Preheat oven to 375°.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the bell pepper, chopped onion, mushrooms, tofu and garlic. Sauté 3 minutes or until vegetables are tender.
3. Stir in tomato paste, Italian seasoning, fennel seeds, crushed red pepper, and marinara sauce. Bring to a boil. Reduce heat; simmer 10 minutes.
4. Arrange the noodles spoke-like in the bottom of an 8-inch round baking dish coated with cooking spray. Spread 3 cups tomato mixture over noodles. Fold ends of noodles over tomato mixture, and top with the remaining tomato mixture and cheeses.
5. Bake at 375° for 20 minutes.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1/8 slice = 1/2 P, 2 V, 1 M