



# Cheesy Vegetable Lasagna

## Ingredients:

- 2 tsp olive oil
- 1 cup sliced zucchini
- 1 cup of diced tomatoes
- 1 tsp Italian seasoning
- 1 garlic glove pressed
- ½ tsp salt
- 1 tsp pepper
- 1 beaten egg
- 1 packet Diet Right Cheese Sauce
- 6 tbsp of cold water

## Directions:

1. Preheat oven to 350° F.
2. In a skillet, sauté oil and garlic, start to sauté until garlic becomes fragrant.
3. Add tomatoes and Italian seasoning and cook until tomatoes start to break down.
4. Remove from heat.
5. Using a small baking dish, add a layer of zucchini strips.
6. Spoon ½ the tomatoes on top, repeat, one more layer of zucchini.
7. In a separate bowl, beat the egg, add in water and cheese sauce whisking until smooth.
8. Spoon evenly over top layer of zucchini.
9. Bake for 30 minutes.
10. Remove from oven and serve.

Servings: makes 1 serving.

Each serving = 1 cup occasional vegetables, 1 cup select vegetables, 1 oz. lean protein,

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