

MyPlate Recipes

Red Velvet Lasagna

We measured the veggies and pasta so MyPlate ratios apply for this delicious vegetarian pasta. The ricotta is enriched with cooked beets and it contains as much protein as a chicken breast.

1 bunch beets (4), cleaned (use greens for sauce below)

1 pints fat-free ricotta cheese

6 cups marinara sauce (below)

9 ounce box no-boil lasagna noodles

1/4 cup reduced fat shredded cheese

Microwave the beets for 5-10 minutes or until tender. Puree the beets with the ricotta cheese until smooth - see photo right.

Layer the lasagna in a 9X13 rect - angle glass baking pan:

1. Sauce (1/3 of sauce, 2 cups)

2. Noodles (4)

3. Ricotta beet cheese (1/2 of mix)

4. Sauce (1/3 of sauce, 2 cups)

5. Noodles (4)

6. Ricotta beet cheese (1/2 of mix)

7. Noodles (4)

8. Sauce (1/3 of sauce, 2 cups)

Cover with foil and place in 325 degree oven for 1 hour. Re - move foil and top with shredded cheese and bake 20 minutes. Cut into 8 cubes.

Each serving: 329 calories, 2 g fat, <1 g saturated fat, 0 g trans fat, 32



mg cholesterol, 402 g sodium, 53 g carbohydrate, 8 g fiber, 21 g protein.



This marinara uses the beet greens leftover from the above recipe. You can also use spinach or Swiss chard. The ground fennel adds a rich flavor and best of all there is no added salt - save almost 1000 mg per cup as compared to regular bottled sauce.

Low-Sodium Marinara

- 1/2 tablespoon olive oil
- 2 cloves minced garlic
- 1 onion, chopped
- 2 cups beet greens, rinsed
- 2 cans (28 ounce) plum to - matoes, no added salt
- 1 tablespoon Italian herbs
- 1 teaspoon ground fennel seeds

Saute the garlic in the olive oil then add the onion and beet greens; saute 5 minutes then add the tomatoes.

Cook until the juice thickens then puree all in the food processor.

Makes about 6-7 cups of sauce - use the entire batch in the recipe above or for your favorite pasta.

Compliments of:

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