

## Green vegetable and ricotta lasagne

A light alternative to a classic family favourite.

### INGREDIENTS

2 cups (400g) low-fat ricotta  
1 cup chopped parsley  
½ cup chopped basil  
1 cup coarsely shredded baby spinach  
pinch of grated nutmeg  
1½ cups (120g) grated parmesan  
2 bunches asparagus, cut into 3cm lengths  
3 medium zucchini, sliced  
9 instant lasagne sheets  
½ cup (125ml) chicken stock

### METHOD

Preheat oven to 190°C. Grease a 16 x 27 x 5cm ovenproof baking dish.

Combine ricotta, herbs, spinach, nutmeg and half of parmesan in a large bowl. Season to taste. Set aside.

Steam asparagus and zucchini in a steamer over a saucepan of simmering water for 5 minutes, until just tender.

Spread a third of ricotta mixture over base of prepared baking dish. Top with a layer of lasagne sheets and half of vegetables. Repeat layering with lasagne, ricotta and remaining vegetables. Finish with a layer of lasagne and cover with remaining ricotta. Pour over stock and sprinkle with remaining parmesan.

Cover with foil and bake for 30 minutes. Preheat grill and remove foil. Place lasagne under grill for 3-4 minutes, until cheese is golden. Serve.