

David Cassidy's Vegetarian Lasagna

3 tbl. HP / A1 sauce
1 jar (32 oz) tomato/basil spaghetti sauce
8 oz. uncooked lasagna noodles
2 cups (16 oz) fat-free ricotta or cottage cheese
2 cups (8 oz) low fat mozzarella cheese
1 cup (4 oz) parmesan cheese
bell pepper and onions (if desired)
shredded carrots, zucchini, broccoli and favorite veggies
1 - 10 oz. pkg. frozen chopped spinach, thawed and drained

Saute bell pepper and onions and other vegetables in a small amount of olive oil. Mix in HP/A1 and spaghetti sauce. Lightly grease 9 x 13 pan with kitchen paper dipped in olive or canola oil. Cover bottom of pan with sauce mixture. Lay one layer of noodles on top. Layer cheeses. Repeat with sauce, noodles, cheeses, ending with cheeses on top. Bake 350 for 45 minutes. Remove, and let stand 15 minutes. Serves 6-8.