

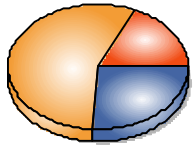


## Lasagna, No Noodle

By: Modified by Dr. Jez from Dr Walford

Recipe grams: 5236.40g/184.7oz

Serves 6 872.73g/30.8oz per serving



Protein: 31%  
Carbohydrates: 48%  
Fat: 21%

### INGREDIENTS

6 wholes TOMATO, RED, RIPE, RAW  
3 large ONION, RAW  
6 cloves GARLIC, RAW  
3 large TOMATO, RED, RIPE, WHOLE  
6 oz TOMATO PASTE, CANNED, NO SALT  
3/4 cup BASIL, FRESH  
6 tsp OREGANO, DRIED, LEAVES  
3 tsp PEPPER, BLACK, GROUND  
3 large EGG WHITE, CHICKEN, RAW  
8 oz COTTAGE CHEESE, NONFAT  
1/2 cup MILK, COW'S, NONFAT, DRY (SKIM)  
1/2 cup WHEAT GERM, CRUDE  
6 tbsp PARSLEY, RAW  
1 bunch SPINACH, RAW  
6 large SUMMER SQUASH, RAW  
2 tbsp OLIVE OIL  
8 oz GROUND BEEF, RAW, 95% LEAN

### DIRECTIONS

Preheat the oven to 375 degrees.

Peel and seed tomatoes. Spray a large skillet with olive oil. Heat, and saute the garlic and onions until the onions are translucent. Add the tomatoes and all remaining ingredients for the sauce except the pepper. Reduce heat and simmer, uncovered, for 20 minutes. Add pepper to taste. Remove from heat and cool slightly. Puree in a food processor and set aside.

For the cheese layer, whip the egg white in a medium size bowl. Combine all remaining ingredients together and blend well. Set aside.

Wash the spinach, steam and puree. Drain very well first in a strainer and then by squeezing any extra liquid out of the spinach with your hands and set aside. If using frozen spinach, (one 10 ounce package), defrost and drain well, puree and drain again.

As a replacement to the noodles, slice the squash into long thick slices, about double thickness of a typical noodle.

Use a 12" x 8" baking pan. Spoon enough sauce into the bottom of the pan to make a thin layer. Place 1/3 of the squash slices down first. Layer all the spinach evenly over them and cover with the second layer of squash slices. Spread the entire cheese mixture over the second layer and top cheese with the final 1/3 of squash. Use 2 cups of sauce to cover the lasagne. Serve the remaining sauce at the table or reserve for another dish.

Bake, uncovered, for 35 minutes. Let cool 10 minutes before serving.

### Nutrition Facts

Serving Size: 1 serving (872.7g)  
Servings: 1

#### Amount Per Serving

Calories 370 Calories from Fat 80

% Daily Value\*

**Total Fat** 9g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 25mg **10%**

**Sodium** 290mg **10%**

**Total Carbohydrate** 48g **15%**

Dietary Fiber 12g **50%**

Sugars 24g

**Protein** 31g

Vitamin A 170%

• Vitamin C 200%

Calcium 30%

• Iron 45%

\*Percent Daily Values are based on a 2,000 calorie diet.