

## **Lasagna – submitted by Faith Thompson**

### **Ingredients**

- 1 (14 ounce) jar meatless spaghetti sauce
- 1 can of black olives, drained
- 1 cup 1% cottage cheese
- 1 cup shredded part-skim mozzarella cheese
- 1 egg white
- 3 cups cooked long-grain rice
- 2 tablespoons grated Parmesan cheese

### **Directions**

1. In a small bowl, combine spaghetti sauce and olives; set aside. In another bowl, combine the cottage cheese, mozzarella cheese and egg white; mix well.
2. In a microwave-safe 8-in. square baking dish coated with nonstick cooking spray, layer a third of the sauce, half of the rice and half of the cottage cheese mixture; repeat layers. Top with the remaining sauce.
3. Microwave at 50% power for 10-15 minutes or until heated through.
4. Sprinkle with Parmesan cheese.
5. Let stand for 5 minutes before serving.

***Recipe courtesy of Wellness @ Work, [www.uncwellnessatwork.org](http://www.uncwellnessatwork.org).***