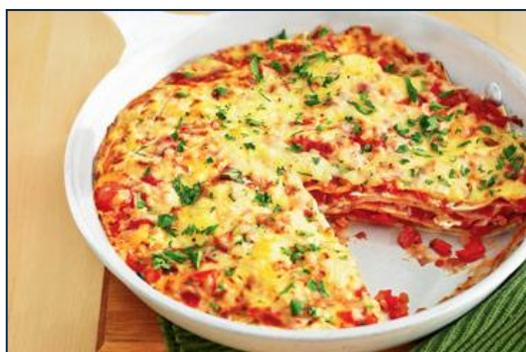


Recipe of the Week 1

30 minute frying pan lasagne

Kick the New Year off to a great start with this healthy, time efficient lasagne. The tomatoes and peppers provide a Vitamin C boost which acts as an anti oxidant to aid in recovery. Serve with a colourful salad to provide a range of anti oxidants to support the immune system. This meal can be frozen for up to a month. Use a frying pan with lid and flameproof handle.

Ingredients



- 2 teaspoons olive oil
- 1 medium red onion, finely chopped
- 2 garlic cloves, crushed
- 1 medium red peppers, finely chopped
- 2 teaspoons dried oregano
- 410g can crushed tomatoes
- 3 fresh lasagne sheets, cut into thirds
- 1/2 x 250g tub low fat cream cheese
- 100g lean shaved leg ham
- 3/4 cup reduced fat grated tasty cheese
- Chopped fresh flat-leaf parsley leaves, to serve

Serves: 4

Preparation time: 15

Cooking time: 15

Each serving contains

Energy (kcal) – 296 kcal

Carbohydrates – 25 g

Protein – 18 g

Fat – 13 g (Saturated 7 g)

Method

1. Heat half the oil in an 18cm (base), heavy-based frying pan over medium-high heat. Add onion, garlic and peppers. Cook, stirring, for 5 minutes or until vegetables are tender. Add oregano and tomato. Season with salt. Cook for 2 minutes or until heated through. Transfer to a bowl. Wipe pan clean.
2. Spread 1 side of each piece of lasagne with cream cheese. Drizzle remaining oil over base of pan. Arrange 2 pieces of lasagne, cream cheese side-up, over base of pan. Top with one-third of the ham, then one-quarter tomato mixture. Repeat layers, finishing with 3 pieces of lasagne then 1 layer tomato mixture. Sprinkle with tasty cheese. Preheat grill on high.
3. Return pan to medium-low heat. Cook, covered, for 8 to 10 minutes or until lasagne sheets are tender. Remove lid. Grill for 5 to 6 minutes or until cheese is melted and golden. Season with pepper. Sprinkle with parsley. Serve.

Adapted from: <http://www.taste.com.au/recipes/23567/30-minute-frying-pan-lasagne>

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