

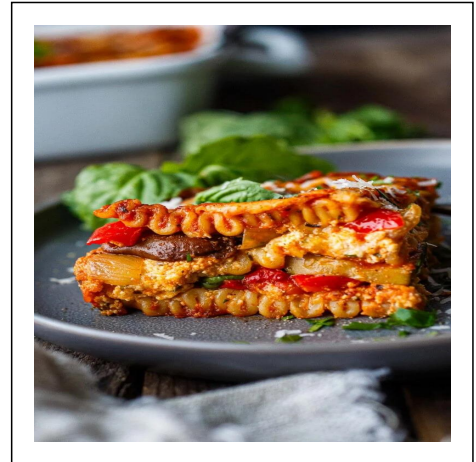
Recipe Name: Baked Roasted Vegetable Lasagna Recipe With Low Fat Cheese & Oat Sauce

Diet Type: Vegetarian

Course: Appetizer

Cuisine: Italian Recipes

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 8 Lasagna sheets - the one that needs no pre-cooking	4
• 4 cloves Garlic - finely chopped	
• 1 teaspoon Extra Virgin Olive Oil	
• 200 grams Button mushrooms - chopped	
• 2 Carrots (Gajjar) - chopped	
• 1 Green zucchini - chopped	
• 300 ml Milk	
• 80 grams Instant Oats (Oatmeal)	
• 100 grams Paneer (Homemade Cottage Cheese)	
• 1/4 cup Mozzarella cheese - grated	

Preparation

- To begin making the Baked Roasted Vegetable Lasagna Recipe With Low Fat Cheese & Oat Sauce, heat olive oil in a wok, add the garlic and stir-fry for a few seconds.
- Next add the vegetables and sprinkle the salt.
- Stir-fry the vegetables until they get cooked.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	25	40	15	6	8