



Vegetarian Lasagne - Serves 4

Ingredients:

- 1 Red Pepper
- 1 Yellow Pepper
- 2 Celery Sticks
- 1 Carrot
- 5 mushrooms
- 1 Tin of Tomatoes
- 1 Onion
- 1 Garlic Clove
- 1 Teaspoon Dried Basil
- 1 Pinch Black Pepper
- 4 Lasagne Pasta Sheets
- 1 Tablespoon Olive Oil
- Cheese

Method:

1. Peel and chop onion and garlic. Heat the olive oil in a pot and add onion. Cook for a few minutes, until soft. Add garlic and cook for 2 minutes, stirring continuously.
2. Add the tinned tomatoes and add dried basil. Cook for 5 minutes.
3. Start slicing the peppers, mushrooms, celery and carrot. Add these to the pot and cook for 20-25 minutes.
4. Preheat the oven to 190°C/gas mark 5.
5. Melt the butter in a small saucepan. Add the flour and stir until you have a thick paste. Add a little of the milk and stir. Continue to do this until all the milk is gone and you have a thick paste. Add a handful of the cheese and stir until melted.

6. Take the tomato mixture and remove from the heat. Layer the bottom of a baking dish with the tomato mixture. Cover the tomato mixture with 2 of the pasta sheets and then pour the cheese sauce over.
7. Put the remaining tomato mixture on top of the cheese sauce. Put the 2 remaining pasta sheets on, and top with the cheese sauce.
8. 8. Top with grated cheese and bake in the oven for 45mins-1hr.

Did you know ?

Green peppers have twice as much vitamin C as an orange; red peppers contain three times as much. Peppers change from green to red or yellow and become sweeter as they ripen.

There are many health benefits from eating a vegetarian diet. They are lower in fat than meat. Foods such as grains, vegetables, bean, fruit and pasta are cheaper to buy than meat. It is important to have a variety of different vegetables, grains beans and pulses (i.e. lentils) to make sure you get all the nutrients you need. Vegetables contain many essential nutrients needed to protect us from disease.

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