

Smashed Vegetable Lasagna

Italian Spice Blend Balsamic Dressing

Serves 1

Preparation time 6 minutes

Cooking time 25minutes

Ingredients:

40g zucchini cut into 3cm lengths

40g eggplant cut into 3cm cubes

40g red pepper cut into 3cm chunks

½ tomato cut into chunks

2 cloves unpeeled garlic

1 tablespoon Italian Spice Blend

60g mozzarella cheese grated

1 sheet of Mountain Bread cut into quarters

2 tablespoons Balsamic Dressing



Method:

1. Preheat oven to 200°C.
2. Place vegetables and garlic on a baking tray, lightly spray with olive oil and sprinkle with **Italian Spice Blend**.
3. Bake for 15 minutes until vegetables are soft. Remove skin from garlic.
4. Transfer the vegetables and peeled garlic to a bowl, roughly smashing with a fork. Divide mixture into approximately 3 equal parts.
5. Place 1 piece of mountain bread on a baking tray, spoon over 1 part of the smashed vegetables and sprinkle with ¼ of the grated cheese. Continue layering mountain bread, vegetables and cheese, sprinkling the top layer of the bread with the mozzarella.
6. Return to the oven for 8 minutes until the cheese has melted.
7. Serve on a bed of lettuce leaves and drizzle with the **Balsamic Dressing**.

* Adjust Weight to your portion size

...Cook's Tips

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (e.g. 4 x teaspoons of Italian Blend. etc for four people)

Serve with toasted Healthy Way bread