

Vegetable Lasagne/Bake

Serves 8

Olive for shallow frying
2 Medium Aubergines - cut into 5mm slices lengthways
3 Medium Courgettes - cut into 5mm slices lengthways
200g Low fat Cream Cheese
100g Feta Cheese
Salt & Pepper



Tomato Sauce

2 Garlic cloves, peeled and finely sliced
6 tbsp Olive Oil
2 x 400g cans of chopped Tomatoes
Pinch Oregano
1 Lrg Red Pepper
Chopped Bacon (Optional)

Batter

100g Plain Flour
4 Eggs beaten
Pinch of Nutmeg



Preheat oven to 200 C / Gas 6

Make the tomato sauce by frying the garlic, bacon (if using) and red pepper in the olive oil in a pan until soft, about 5 minutes. Add the tomatoes and oregano, a pinch of salt & pepper to taste and cook gently for 20-30 minutes.

To make the batter, put the flour in a bowl, make a well in the centre and pour in the beaten eggs. Season with a little nutmeg and salt & pepper if desired. Mix well to a thickish batter.

In a frying pan, gently heat a little olive oil. Dip the courgette & aubergine slices into the batter, and fry in batches in the hot oil until golden. About 3-4 minutes per side. Drain on kitchen paper and set aside.

Now to assemble the dish, as you would a lasagne. Instead of the lasagne sheets, put a layer of the courgette & aubergine slices on the base of a baking dish. Spread a layer of the cream cheese on top. Pour over a little tomato sauce, and crumble some feta on top. Continue with more layers and finish with a layer of tomato sauce with feta crumbled on top.

Bake for 30 minutes in the preheated oven. Leave to cool before cutting into portions to serve.

Nutrition per portion:

436 kcalories, protein 19.5g, carbohydrate 13.5g, fat 33.7 g, saturated fat 11.7g, fibre 6.6g, salt 1.01 g