Pumpkin Lasagna

TOTAL TIME: Prep: 25 min. Bake: 55 min. + standing  
YIELD: 6 servings

Ingredients
½ pound sliced fresh mushroom  
1 small onion, chopped  
½ teaspoon salt, divided  
2 teaspoons olive oil  
1 can (15 ounces) solid-pack pumpkin  
½ cup half-and-half cream  
1 teaspoon dried sage leaves  
Dash pepper  
9 no-cook lasagna noodles  
1 cup reduced-fat ricotta cheese  
1 cup (4 ounces) shredded part-skim mozzarella cheese  
¾ cup shredded Parmesan cheese

Directions
In a small skillet, saute the mushrooms, onion and 1/4 teaspoon salt in oil until tender; set aside.  
In a small bowl, combine the pumpkin, cream, sage, pepper and remaining salt.

Spread 1/2 cup pumpkin sauce in an 11x7-in. baking dish coated with cooking spray. Top with three noodles (noodles will overlap slightly). Spread 1/2 cup pumpkin sauce to edges of noodles. Top with half of mushroom mixture, 1/2 cup ricotta, 1/2 cup mozzarella and 1/4 cup Parmesan cheese. Repeat layers. Top with remaining noodles and sauce.

Cover and bake at 375° for 45 minutes. Uncover; sprinkle with remaining Parmesan cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

Freeze option: Cover and freeze unbaked lasagna. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 375°. Bake as directed, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°. Yield: 6 servings.

Nutritional Facts
1 piece: 310 calories, 12g fat (6g saturated fat), 36mg cholesterol, 497mg sodium, 32g carbohydrate (7g sugars, 5g fiber), 17g protein. Diabetic Exchanges: 2 starch, 2 fat, 1 lean meat.