



## Hungry Girlfredo White Lasagna



1/4th of lasagna (1 large piece): 290 calories, 7g total fat (3.5g sat fat), 726mg sodium, 33g carbs, 3g fiber, 10g sugars, 23g protein

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 7\***

**Prep:** 15 minutes    **Cook:** 45 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

### Ingredients

3 medium zucchini, ends removed  
1 cup fat-free ricotta cheese  
2 large egg whites or 1/4 cup liquid egg whites  
1 tsp. chopped garlic  
1/4 tsp. dried oregano  
1/4 tsp. dried basil  
1/4 tsp. salt, divided  
1/4 tsp. black pepper, divided  
1 1/2 cups chopped mushrooms  
2 cups chopped spinach  
3/4 cup fat-free sour cream  
4 wedges [The Laughing Cow Light Creamy Swiss cheese](#)  
4 tbsp. reduced-fat Parmesan-style grated topping, divided  
4 sheets oven-ready lasagna noodles (like [the kind by Ronzoni](#))  
1/2 cup shredded part-skim mozzarella cheese  
Optional: additional salt and black pepper

### Directions

Preheat oven to 425 degrees.

Slice zucchini in half widthwise, and then slice each half lengthwise into 1/4-inch thick strips. Set aside.

In a medium bowl, combine ricotta cheese, egg whites, garlic, oregano, basil, 1/8 tsp. salt, and 1/8 tsp. black pepper. Stir well and set aside.

Bring a skillet sprayed with nonstick spray to medium-high heat on the stove. Add mushrooms and, stirring occasionally, cook until softened, about 4 minutes. Add spinach and cook until spinach has wilted and excess moisture has evaporated, about 2 more minutes.

Remove skillet from heat and let cool. Blot away excess moisture from veggies, using paper towels. Transfer contents to the bowl of ricotta mixture and set aside.

Re-spray skillet and return to medium-high heat. Working in batches, cook zucchini until softened, about 2 minutes per side; remove skillet from heat and re-spray between batches. Set zucchini aside.

To make the sauce, in a microwave-safe bowl, combine sour cream with cheese wedges, breaking cheese wedges into pieces as you add them. Stir in 2 tbsp. Parm-style topping, remaining 1/8 tsp. salt, and remaining 1/8 tsp. black pepper. Microwave for 30 - 45 seconds, until very warm. Stir until smooth and set aside.

Spray an 8" X 8" baking pan with nonstick spray. Evenly place 1/3rd of the cooked zucchini strips on the bottom. With a spoon or spatula, spread half of the ricotta-veggie mixture on top. Evenly top with 2 lasagna sheets, followed by 1/3rd of the sauce.

Repeat layering with the same amounts of zucchini, ricotta-veggie mixture, lasagna sheets, and

sauce. Evenly top with remaining zucchini, followed by remaining sauce. Sprinkle with mozzarella and remaining 2 tbsp. Parm-style grated topping.

Bake in the oven for 25 - 30 minutes, until cheese starts to brown.

If you like, season to taste with additional salt and black pepper.

**MAKES 4 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

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