



FOUR-CHEESE SEAFOOD LASAGNA

- 1 can **Crown Prince Natural Kipper Snacks**, drained and flaked
- 1 can **Crown Prince Natural Brisling Sardines in Water**, drained and flaked
- 2 cups chopped fresh broccoli
- 1 1/2 cups julienne carrots
- 1 cup sliced green onions
- 1/2 cup chopped red bell pepper
- 3 cloves garlic, minced
- 2 teaspoons vegetable oil
- 1/2 cup all-purpose flour
- 3 cups 2% low fat milk
- 1/2 cup shredded Parmesan cheese, divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups ricotta cheese
- 1 cup shredded mozzarella cheese
- 1/2 cup shredded Swiss cheese
- 12 lasagna noodles, cooked according to package directions



Preheat oven to 375°F. Lightly coat a 13" x 9" baking dish with nonstick cooking spray. In a skillet, sauté broccoli, carrots, onions, bell pepper and garlic in oil until crisp-tender. Remove from heat and set aside. In a heavy saucepan, whisk flour and milk until smooth. Bring to a boil, cook and stir for 2 minutes. Reduce heat; add 1/4 cup Parmesan cheese, salt and pepper. Cook until cheese is melted, about 1 minute. Remove from heat and set aside.

In a medium bowl, combine ricotta cheese, kipper snacks, sardines, mozzarella cheese and Swiss cheese. Spread 1/2 cup of the Parmesan cheese mixture over the bottom of the prepared baking dish. Top with 4 overlapping noodles, 1/2 the ricotta mixture and 3/4 cup of the Parmesan mixture. Repeat layers. Finish with the remaining noodles, reserved Parmesan mixture and remaining shredded Parmesan cheese. Cover tightly with foil and bake 35 minutes or until sauce bubbles and noodles are tender. Uncover and bake 10 minutes longer. Let stand 15 minutes before cutting and serving. *Serves 8.*

Per Serving: 515 Calories (148 Calories from Fat), 17g Fat, 30g Protein, 61g Carbohydrate, 59mg Cholesterol, 498mg Sodium