



## Featured Recipe

brought to you by the  
Olson Women's Health Resource Center

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www.OlsonCenter.com

### Easy Veggie Lasagna

4 small zucchini	¼ cup low-fat cottage cheese
1 ¼ cups spaghetti sauce	¼ cup low-fat ricotta cheese
½ teaspoon thyme	¼ cup part-skim mozzarella cheese
black pepper	1 tablespoon Parmesan cheese

Slice zucchini and stem or microwave until tender. Spread a thin layer of tomato sauce in a baking dish and top with half of the zucchini. Sprinkle with half the thyme and pepper to taste. Spoon 1/3 to ½ cup tomato sauce over zucchini slices. Combine ricotta and cottage cheese and spoon over tomato sauce. Repeat zucchini, thyme, and pepper. Top with mozzarella and Parmesan. Bake at 350 degrees F until bubbly.

**Variations:** Instead of zucchini, try yellow squash; or use lasagna noodles and add chopped spinach or broccoli. Makes 2 servings.

#### One serving:

Calories: 289	Cholesterol: 21 mg
Carbohydrate: 29 grams	Fiber: 2 gram
Protein: 16 grams	Sodium: 1058 mg
Fat: 10 grams	Potassium: 824 mg
Calcium: 22 mg	
Exchanges: 2 carbohydrates, 2 lean meat, 1 vegetable	

Source: [Health Diabetes Recipes and more...](#) Nebraska Department of Health and Human Services, Diabetes Prevention and Control Program

Check out these Olson Center Wellness Programs:

### **Choose to Lose**

“Choose to Lose” is a weight management program incorporating six group sessions and four individual sessions with a registered dietitian. Participants will learn to make healthy food choices using regular foods that will take off those extra pounds and keep them off for good.

### **Olson Wellness Exchange**

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women’s health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women’s Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women’s health newsletter on a variety of women’s issues, and bi-monthly educational flier on a specific women’s health issue. To register, call or visit the Olson Center for Women’s Health on the 4<sup>th</sup> Floor of the Durham Outpatient Center on UNMC’s main campus, or register online at [www.olsoncenter.com](http://www.olsoncenter.com)

