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SWISS CHARD LASAGNA (V)

A healthy, filling pasta dish that freezes well so you can store any excess portions to use when you need a quick standby meal.

Serves 6

Per serving 241 kcal, 1.7% fat

Preparation time 20 minutes

Cooking time 35 minutes

INGREDIENTS

500ml semi-skimmed milk
4 tsp cornflour
1 tsp mustard powder
100g extra light soft cheese
1 tsp vegetable stock powder
6 sheets fresh pasta
300g Swiss chard leaves
30g low-fat mature cheese
(max. 5% fat), grated

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Reserve a little cold milk to mix with the cornflour, and heat the remainder in a saucepan. Mix the cornflour with the cold milk and whisk into the hot milk, then continue whisking to allow the sauce to thicken. Stir in the mustard powder, extra light soft cheese and stock powder.
3. Blanch the pasta sheets in a large pan of boiling water for 2 minutes, then remove and allow to drain individually on a tray. Add the chard to the water and wilt for 30 seconds, then drain well.
4. Assemble the lasagne by placing alternate layers of chard, sauce and pasta in an ovenproof dish, finishing with a layer of sauce. Top with the grated cheese.
5. Bake in the oven for 20 minutes until golden brown.
6. Serve with a large salad.



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