



Baked Vegetable Lasagna

READY IN



112 min.

SERVINGS



8

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 12 lasagna noodles cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 cup spring onion thinly sliced

- ☐ 1 teaspoon kosher salt divided
- ☐ 3 tablespoons olive oil divided
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 ounces parmesan fresh grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 3 cups bell pepper red finely chopped (2 medium)
- ☐ 1 cup ricotta cheese
- ☐ 1 teaspoon sugar
- ☐ 14 ounce tofu firm drained
- ☐ 0.5 cup onion white chopped
- ☐ 3 cups zucchini thinly sliced quartered

Equipment

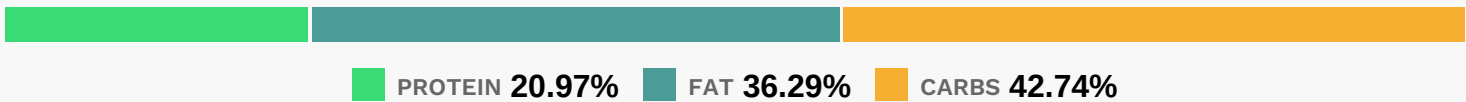
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat 2 tablespoons oil in a medium saucepan over medium-high heat.
- ☐ Add white onion; saut 5 minutes or until tender.
- ☐ Add garlic; saut 1 minute or until golden.
- ☐ Add 1/2 teaspoon salt, sugar, 1/8 teaspoon black pepper, crushed red pepper, and tomatoes. Cover, reduce heat to low, and simmer 15 minutes or until thoroughly heated.
- ☐ Remove from heat; stir in basil and oregano. Cool.
- ☐ Combine ricotta, Parmigiano-Reggiano, tofu, egg, and 1/4 teaspoon salt in a food processor; process for 10 seconds or until blended. Stir in green onions. Set aside.

- ☐ Heat remaining 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell pepper, zucchini, and remaining 1/4 teaspoon salt to pan; saut 10 minutes or until vegetables are tender and liquid evaporates.
- ☐ Remove from heat; stir in parsley and remaining 1/8 teaspoon black pepper.
- ☐ Spread 1/2 cup tomato mixture in the bottom of a 13 x 9inch baking dish coated with cooking spray; top with 3 noodles.
- ☐ Spread 3/4 cup tomato mixture over noodles; top with 1 cup tofu mixture and 1 cup zucchini mixture. Repeat layers twice, ending with noodles.
- ☐ Spread remaining 3/4 cup tomato mixture over top.
- ☐ Bake at 375 for 35 minutes or until bubbly; top with mozzarella cheese.
- ☐ Bake an additional 5 minutes or until cheese melts.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:62.57, Glycemic Load:16.77, Inflammation Score:-10, Nutrition Score:27.054782877798%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 414.41kcal (20.72%), Fat: 17.1g (26.31%), Saturated Fat: 6.27g (39.19%), Carbohydrates: 45.31g (15.1%), Net Carbohydrates: 39.01g (14.19%), Sugar: 9.94g (11.05%), Cholesterol: 50.68mg (16.89%), Sodium: 649.05mg (28.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.47%), Vitamin C: 94.73mg (114.83%), Vitamin K: 78.08µg (74.36%), Vitamin A: 2715.77IU (54.32%), Selenium: 34.29µg (48.99%), Calcium: 373.09mg (37.31%), Manganese: 0.72mg (36%), Phosphorus: 285.77mg (28.58%), Vitamin B6: 0.51mg (25.34%), Fiber: 6.3g (25.19%), Iron: 4.37mg (24.26%), Vitamin E: 3.33mg (22.17%), Potassium: 689.39mg (19.7%), Folate: 76.42µg (19.11%), Vitamin B2: 0.32mg (18.93%), Copper: 0.35mg (17.41%), Magnesium: 67.39mg (16.85%), Zinc: 2.05mg (13.69%), Vitamin B3: 2.53mg (12.65%), Vitamin B1: 0.17mg (11.22%), Vitamin B5: 0.89mg (8.93%), Vitamin B12: 0.33µg (5.55%),

Vitamin D: 0.25µg (1.7%)