



Corn and Poblano Lasagna

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups corn kernels fresh frozen thawed (if)
- 1 teaspoon thyme leaves fresh
- 3 cloves garlic minced
- 2 cups heavy cream
- 8 servings kosher salt and pepper freshly ground
- 12 sheets no-boil lasagna (7-by-3-inch)
- 4 poblano chile peppers
- 2 cups mozzarella cheese shredded

- 4 tablespoons butter unsalted
- 0.5 cup onion white thinly sliced
- 1 large zucchini thinly sliced lengthwise

Equipment

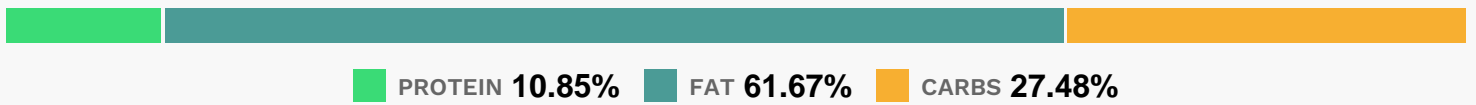
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- blender
- baking pan
- aluminum foil
- broiler

Directions

- Preheat the broiler. Halve the poblanos lengthwise and remove the stems and seeds.
- Place cut-side down on a baking sheet and broil until browned in spots, about 5 minutes.
- Transfer to a bowl, cover with a plate and set aside 5 minutes. Peel off the skin with your fingers, then cut the peppers into 1-inch strips. Melt 2 tablespoons butter in a medium heavy saucepan over medium heat.
- Add 2 minced garlic cloves and saute 1 minute.
- Mix in the corn and saute 5 minutes. Stir in the cream and thyme, reduce the heat to medium low and cook 5 minutes to let the flavors incorporate. Turn off the heat and let cool slightly, then transfer to a blender and puree until smooth.
- Add 1/4 teaspoon salt, and pepper to taste. Preheat the oven to 350 degrees F.
- Heat the remaining 2 tablespoons butter in a medium heavy skillet over medium heat.
- Add the onion and saute until translucent, about 5 minutes.
- Add the remaining minced garlic clove and cook 1 minute.
- Mix in the zucchini and poblano strips and cook 5 minutes; season with salt and pepper.

- Spread about one-quarter of the corn mixture in the bottom of an 8-by-11-inch baking dish. Cover with 3 lasagna sheets.
- Layer one-quarter each of the poblano mixture and cheese over the pasta. Repeat the layering 3 more times. Cover with aluminum foil.
- Bake until the pasta is tender, about 50 minutes. Turn on the broiler.
- Remove the foil and broil until golden brown and bubbly, 8 to 10 minutes.
- Let stand 15 minutes before serving.
- Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:13.894347854283%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 488.79kcal (24.44%), Fat: 34.64g (53.29%), Saturated Fat: 21.16g (132.22%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 31.39g (11.41%), Sugar: 7.66g (8.51%), Cholesterol: 116.46mg (38.82%), Sodium: 397.25mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.43%), Vitamin C: 59.38mg (71.97%), Vitamin A: 1619.73IU (32.39%), Calcium: 200.95mg (20.1%), Phosphorus: 199.7mg (19.97%), Vitamin B2: 0.27mg (16.07%), Vitamin B6: 0.29mg (14.55%), Potassium: 472.63mg (13.5%), Fiber: 3.33g (13.33%), Manganese: 0.25mg (12.45%), Vitamin B12: 0.75µg (12.43%), Selenium: 7.12µg (10.18%), Magnesium: 38.22mg (9.56%), Folate: 37.46µg (9.37%), Zinc: 1.38mg (9.17%), Vitamin B1: 0.14mg (9.06%), Vitamin K: 9.35µg (8.9%), Vitamin D: 1.17µg (7.79%), Vitamin E: 1.06mg (7.07%), Vitamin B5: 0.62mg (6.2%), Vitamin B3: 1.2mg (6.02%), Copper: 0.1mg (4.99%), Iron: 0.81mg (4.5%)