



Four-Cheese Vegetable Lasagna

READY IN



45 min.

SERVINGS



9

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli chopped
- ☐ 1.5 cups carrots thinly sliced
- ☐ 0.5 cup flour all-purpose
- ☐ 3 garlic clove minced
- ☐ 1 cup spring onion sliced
- ☐ 12 lasagne pasta sheets uncooked
- ☐ 1.5 cups cottage cheese 1% low-fat
- ☐ 3 cups milk 1% low-fat
- ☐ 2 ounces parmesan fresh divided grated

- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce spinach frozen dry thawed drained chopped
- ☐ 2 ounces swiss cheese shredded
- ☐ 2 teaspoons vegetable oil

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

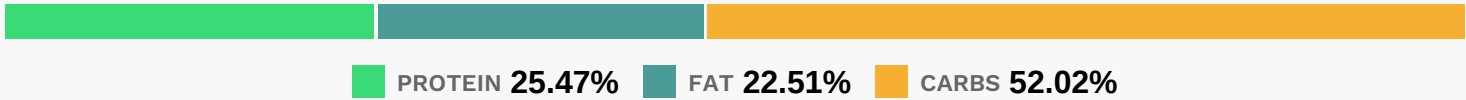
Directions

- ☐ Cook lasagna noodles, omitting salt and fat.
- ☐ Drain; set aside.
- ☐ Preheat oven to 37
- ☐ Heat oil in a Dutch oven coated with cooking spray over medium heat until hot.
- ☐ Add broccoli and next 4 ingredients (broccoli through garlic), and saut 7 minutes. Set aside.
- ☐ Place flour in a medium saucepan. Gradually add milk, stirring with a whisk until blended. Bring to a boil over medium heat; cook 5 minutes or until thick, stirring constantly.
- ☐ Add 1/4 cup Parmesan cheese, salt, and pepper; cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in spinach. Reserve 1/2 cup spinach mixture for top layer of casserole, and set aside.
- ☐ Combine cottage cheese, mozzarella, and Swiss cheese; stir well.
- ☐ Spread 1/2 cup spinach mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 lasagna noodles over spinach mixture in dish; top with half of cottage cheese mixture, half of broccoli mixture, and half of remaining spinach mixture. Repeat layers, ending

with noodles.

- ☐
- Spread reserved 1/2 cup spinach mixture over noodles; sprinkle with 1/4 cup Parmesan cheese. Cover and bake at 375 for 35 minutes.
- ☐
- Let stand 10 minutes before serving.
- ☐
- Sprinkle with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:41.76, Glycemic Load:16.42, Inflammation Score:-10, Nutrition Score:27.611739303755%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 346.9kcal (17.34%), Fat: 8.71g (13.39%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 41.38g (15.05%), Sugar: 8.3g (9.22%), Cholesterol: 23.65mg (7.88%), Sodium: 487.93mg (21.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.34%), Vitamin A: 8081.48IU (161.63%), Vitamin K: 165.86µg (157.97%), Selenium: 38.74µg (55.34%), Calcium: 427.71mg (42.77%), Vitamin C: 33.43mg (40.52%), Phosphorus: 391.47mg (39.15%), Manganese: 0.74mg (37.02%), Vitamin B2: 0.43mg (25.3%), Folate: 100.67µg (25.17%), Magnesium: 74.24mg (18.56%), Vitamin B12: 1.09µg (18.11%), Potassium: 560.95mg (16.03%), Fiber: 3.9g (15.6%), Vitamin B6: 0.31mg (15.46%), Zinc: 2.24mg (14.91%), Vitamin B1: 0.22mg (14.43%), Iron: 1.97mg (10.96%), Copper: 0.22mg (10.82%), Vitamin E: 1.62mg (10.77%), Vitamin B3: 1.86mg (9.29%), Vitamin B5: 0.86mg (8.63%), Vitamin D: 0.93µg (6.23%)