

DINNER

Fresh-Tomato Lasagna

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$2.56	438 kcal



If you want to add more Mediterranean recipes to your repertoire, Fresh-Tomato Lasagna might be a recipe you should try. This recipe serves 8. This main course has 438 calories, 27g of protein, and 13g of fat per serving. For \$2.56 per serving, this recipe covers 26% of your daily requirements of vi...

Ingredients

- | | |
|--|--|
| ☐ ½ teaspoon black pepper | ☐ 12 cooked lasagna noodles |
| ☐ ½ teaspoon dried basil | ☐ ½ teaspoon dried marjoram |
| ☐ ½ teaspoon dried thyme | ☐ 1 cup chopped fresh parsley |
| ☐ 2 garlic cloves, minced | ☐ 4½ cups chopped onion (about 3) |
| ☐ 2 teaspoons dried oregano | ☐ 2 ounces 1/2 cup grated fresh Romano or Parmesan cheese |
| ☐ 8 ounces cups shredded sharp provolone cheese | ☐ 15 ounce carton fat-free ricotta cheese |

☐ ½ teaspoon salt

☐ 12.3 ounce package reduced-fat firm tofu,
drained

☐ 3½ pounds cups chopped seeded peeled tomato
(about

☐ 12 ounce Italian-style tomato paste
canned

EQUIPMENT Bowl, Oven, Baking pan, Potato masher, Dutch oven

Method

- 1 To prepare sauce, heat a Dutch oven over medium-high heat until hot.
- 2 Add the onion and garlic; cover and cook 5 minutes, stirring occasionally.
- 3 Add the tomato and next 7 ingredients (tomato through tomato paste). Bring to a boil; cover, reduce heat, and simmer 45 minutes, stirring occasionally.
- 4 Preheat oven to 35
- 5 To prepare filling, combine basil, ricotta, and tofu in a bowl; mash ricotta mixture with a potato masher.
- 6 Spread 2 cups sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over sauce; top with 1 cup filling, 1/2 cup provolone cheese, 2 tablespoons Romano, and 1 1/2 cups sauce. Repeat layers twice, ending with noodles.
- 7 Spread remaining sauce over noodles.
- 8 Sprinkle with 1/2 cup provolone cheese and 2 tablespoons Romano.
- 9 Bake at 350 for 45 minutes.
- 10 Let stand 10 minutes before serving.

Nutrition per serving

438

KCAL

27 g

PROTEIN

13 g

FAT

55 g

CARBS

Saturated Fat	6.5 g · 41% of daily needs
Fibre	6.9 g · 27% of daily needs
Sugar	13.1 g · 15% of daily needs
Sodium	872 mg · 38% of daily needs
Cholesterol	32.9 mg · 11% of daily needs
Vitamin C	39.3 mg · 48% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fresh-tomato-lasagna-148349