



HEALTH SCORE

58%

## Garden-Style Lasagna

READY IN



45 min.

SERVINGS



12

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 ounces broccoli chopped
- ☐ 8 ounces carrots thinly sliced
- ☐ 2.3 ounces flour all-purpose
- ☐ 10 ounce spinach frozen thawed drained chopped
- ☐ 4 garlic clove minced
- ☐ 12 lasagne pasta sheets divided
- ☐ 1.5 cups cottage cheese 1% low-fat
- ☐ 3.5 cups milk 1% low-fat

- ☐ 1 Dash nutmeg
- ☐ 2 teaspoons olive oil divided
- ☐ 2 cups onion chopped
- ☐ 4 ounces parmesan fresh divided grated
- ☐ 8 ounces part-skim mozzarella cheese divided
- ☐ 1 teaspoon salt divided
- ☐ 8 ounces to 3 sized squashes yellow chopped
- ☐ 8 ounces zucchini chopped

## Equipment

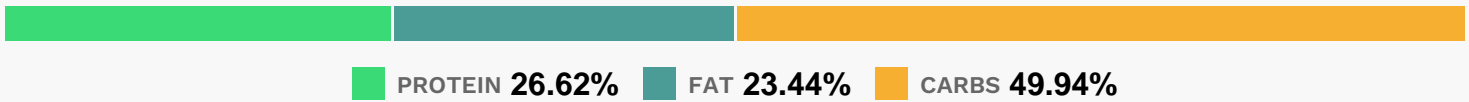
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

## Directions

- ☐ Preheat oven to 37
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; saut 4 minutes or until lightly browned.
- ☐ Add garlic; saut 1 minute. Spoon onion mixture into a large bowl.
- ☐ Heat 1 teaspoon oil in pan over medium-high heat.
- ☐ Add zucchini and yellow squash; saut 4 minutes or until tender and just beginning to brown.
- ☐ Add to onion mixture.
- ☐ Heat remaining 1 teaspoon oil in pan over medium-high heat.
- ☐ Add sliced carrot; saut 4 minutes or until tender.
- ☐ Add chopped broccoli; saut 4 minutes or until crisp-tender.

- ☐ Add to onion mixture.
- ☐ Sprinkle with 1/2 teaspoon salt; toss well to combine.
- ☐ Place flour in a medium saucepan. Gradually add milk, stirring with a whisk until blended. Bring to a boil over medium heat; cook 2 minutes or until thick, stirring constantly.
- ☐ Remove from heat.
- ☐ Add 1/2 cup Parmesan, remaining 1/2 teaspoon salt, pepper, and nutmeg; stir until smooth. Stir in spinach.
- ☐ Combine cottage cheese and 1 1/2 cups mozzarella; stir well.
- ☐ Spread 1/2 cup spinach mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles over spinach mixture in dish; top with half of cottage cheese mixture (about 1 1/2 cups), half of vegetable mixture (about 2 1/2 cups), and about 1 cup spinach mixture. Repeat layers, ending with noodles.
- ☐ Spread remaining spinach mixture over noodles; sprinkle with remaining 1/2 cup Parmesan and remaining 1/2 cup mozzarella.
- ☐ Cover and bake at 375 for 20 minutes. Uncover and bake an additional 20 minutes or until cheese is bubbly and beginning to brown.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.74, Glycemic Load:13.07, Inflammation Score:-10, Nutrition Score:25.290869443313%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 302.46kcal (15.12%), Fat: 7.92g (12.19%), Saturated Fat: 4.3g (26.9%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 34.47g (12.53%), Sugar: 8.58g (9.53%), Cholesterol: 23.09mg (7.7%), Sodium: 643.85mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.49%), Vitamin A: 6403.65IU (128.07%), Vitamin K:

107.41µg (102.3%), Selenium: 30.48µg (43.54%), Calcium: 427.96mg (42.8%), Phosphorus: 371.92mg (37.19%), Manganese: 0.65mg (32.43%), Vitamin C: 23.94mg (29.02%), Vitamin B2: 0.41mg (24.01%), Folate: 83.86µg (20.96%), Magnesium: 66.91mg (16.73%), Vitamin B6: 0.33mg (16.63%), Potassium: 556.13mg (15.89%), Vitamin B12: 0.87µg (14.44%), Fiber: 3.52g (14.09%), Zinc: 2.03mg (13.52%), Vitamin B1: 0.2mg (13.07%), Copper: 0.19mg (9.45%), Iron: 1.6mg (8.87%), Vitamin B3: 1.56mg (7.81%), Vitamin E: 1.17mg (7.77%), Vitamin B5: 0.77mg (7.73%), Vitamin D: 0.86µg (5.74%)