



WHATSheATE



## Grilled Summer Vegetable Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 cups skim milk fat-free
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 1 cup basil fresh chopped
- ☐ 0.3 teaspoon nutmeg
- ☐ 4 ounces gruyere cheese shredded finely
- ☐ 12 lasagne pasta sheets uncooked
- ☐ 2 ounces parmesan fresh grated
- ☐ 1 large onion red cut into 1/4-inch slices

- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 8 servings tomato purée
- ☐ 4 pounds tomatoes cut lengthwise into quarters
- ☐ 0.3 cup vodka
- ☐ 4 quarts water
- ☐ 3 large bell pepper red yellow seeded cut lengthwise into quarters
- ☐ 3 medium to 3 sized squashes yellow cut lengthwise into 1/4-inch slices

## Equipment

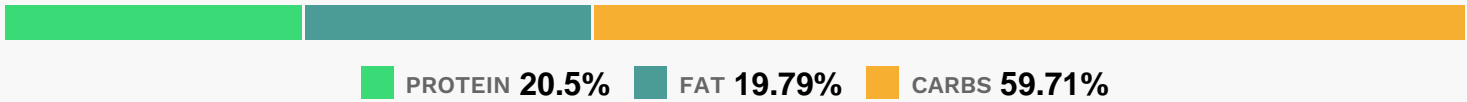
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ ziploc bags
- ☐ dutch oven

## Directions

- ☐ Prepare grill.
- ☐ To prepare grilled vegetables, place bell peppers, skin sides down, on a grill rack coated with cooking spray; cook 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and cut into strips.
- ☐ Place squash and onion on grill; cook 5 minutes on each side or until tender.

- ☐ To prepare tomato pure, place tomatoes in a large Dutch oven. Cover and cook over medium heat 30 minutes or until tender, stirring occasionally.
- ☐ Place tomatoes in a blender or food processor; process until smooth. Return to pan. Stir in vodka; bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally. Stir in 1 1/2 teaspoons salt. (You will have 5 cups pure.)
- ☐ To prepare white sauce, combine flour, 1/4 teaspoon salt, and nutmeg in a medium saucepan; gradually add the milk, stirring with a whisk. Cook over medium-high heat until thick (about 7 minutes), stirring constantly. Set aside.
- ☐ Bring water to a boil in a large stockpot.
- ☐ Add noodles; return to a boil. Cook, uncovered, 10 minutes or until noodles are done, stirring occasionally.
- ☐ Drain.
- ☐ Preheat oven to 37
- ☐ Spread 1/3 cup white sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over white sauce; top with one-third of grilled vegetables, 1/3 cup basil, 1/3 cup white sauce, and 1/2 cup tomato pure.
- ☐ Sprinkle with 1/4 teaspoon black pepper, 1/4 cup Gruyere, and 2 tablespoons Parmesan. Repeat layers twice, ending with noodles.
- ☐ Spread remaining white sauce, 1 1/2 cups tomato pure, remaining Gruyere, and remaining Parmesan over noodles.
- ☐ Bake at 375 for 45 minutes or until bubbly and top is browned.
- ☐ Remove from oven; let stand 15 minutes.
- ☐ Note: You will have 2 cups of leftover tomato pure. Cover refriderate for 1 week or freeze up to 3 months.

## Nutrition Facts



## Properties

Glycemic Index:57.66, Glycemic Load:18.15, Inflammation Score:-10, Nutrition Score:27.435217028079%

## Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 373.39kcal (18.67%), Fat: 7.91g (12.17%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 53.72g (17.91%), Net Carbohydrates: 47.8g (17.38%), Sugar: 12.57g (13.97%), Cholesterol: 22.25mg (7.42%), Sodium: 790.09mg (34.35%), Alcohol: 3.34g (100%), Alcohol %: 0.42% (100%), Protein: 18.45g (36.89%), Vitamin C: 173.22mg (209.97%), Vitamin A: 2655.11IU (53.1%), Manganese: 0.96mg (47.82%), Selenium: 32.67µg (46.67%), Phosphorus: 388.49mg (38.85%), Calcium: 382.59mg (38.26%), Potassium: 1130.63mg (32.3%), Vitamin K: 33.52µg (31.92%), Vitamin B6: 0.6mg (29.8%), Copper: 0.48mg (23.94%), Fiber: 5.93g (23.71%), Folate: 93.3µg (23.32%), Magnesium: 92.86mg (23.22%), Vitamin B2: 0.35mg (20.76%), Vitamin B3: 3.35mg (16.73%), Vitamin B1: 0.25mg (16.6%), Zinc: 2.45mg (16.35%), Iron: 2.09mg (11.64%), Vitamin B12: 0.67µg (11.12%), Vitamin B5: 0.98mg (9.85%), Vitamin E: 1.46mg (9.76%), Vitamin D: 0.79µg (5.29%)