



Grilled Vegetable Lasagna

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup asiago cheese divided grated
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 large eggs
- ☐ 3 eggplants cut lengthwise into 1/4-inch slices (3 pounds)
- ☐ 15 ounce ricotta cheese fat-free
- ☐ 0.3 cup basil fresh minced
- ☐ 0.3 cup parsley fresh minced
- ☐ 9 lasagna noodles divided

- ☐ 3 ounces part-skim mozzarella cheese shredded divided
- ☐ 0.3 cup commercial pesto (such as Alessi)
- ☐ 2 bell peppers red seeded quartered
- ☐ 1 teaspoon salt divided
- ☐ 26 ounce tomato-basil spaghetti sauce divided (such as Muir Glen)
- ☐ 3 zucchini cut lengthwise into 1/8-inch slices (1 1/4 pounds)

Equipment

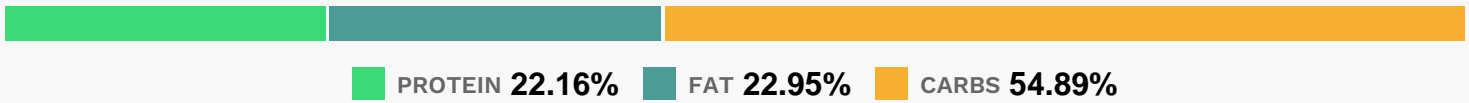
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ Coat eggplants and zucchini with cooking spray.
- ☐ Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Grill eggplant and zucchini 1 1/2 minutes on each side or just until tender. Cool; combine in a large bowl.
- ☐ Place bell peppers on grill, skin-side down; grill 3 minutes or until tender.
- ☐ Cut into (1-inch-wide) strips.
- ☐ Add bell peppers to eggplant mixture.
- ☐ Combine ricotta cheese, egg, 1/2 cup Asiago cheese, basil, parsley, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon black pepper.
- ☐ Cook the lasagna noodles according to package directions, omitting the salt and the fat.
- ☐ Preheat oven to 37
- ☐ Spread 1/2 cup spaghetti sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over tomato sauce. Top with half of eggplant mixture.
- ☐ Spread half of ricotta cheese mixture over eggplant mixture; sprinkle with 1/4 cup mozzarella cheese.

- ☐ Arrange 3 noodles and 1 cup of spaghetti sauce over cheese; cover with the remaining eggplant mixture. Top with remaining ricotta mixture.
- ☐ Spread pesto over ricotta; sprinkle with 1/4 cup mozzarella cheese. Cover with remaining 3 noodles.
- ☐ Spoon 1 cup spaghetti sauce over noodles.
- ☐ Sprinkle with remaining 1/4 cup Asiago cheese and remaining 1/4 cup mozzarella cheese.
- ☐ Bake at 375 for 1 hour.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:10.6, Inflammation Score:-9, Nutrition Score:20.168261045995%

Flavonoids

Delphinidin: 117.74mg, Delphinidin: 117.74mg, Delphinidin: 117.74mg, Delphinidin: 117.74mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 278.94kcal (13.95%), Fat: 7.19g (11.06%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 31.37g (11.41%), Sugar: 12.37g (13.74%), Cholesterol: 36.44mg (12.15%), Sodium: 875.25mg (38.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.23%), Vitamin C: 51.27mg (62.15%), Manganese: 0.79mg (39.61%), Vitamin K: 38.21µg (36.39%), Vitamin A: 1623.84IU (32.48%), Selenium: 21.38µg (30.54%), Fiber: 7.32g (29.27%), Calcium: 279.12mg (27.91%), Potassium: 826.51mg (23.61%), Phosphorus: 231.81mg (23.18%), Vitamin B6: 0.41mg (20.63%), Folate: 72.81µg (18.2%), Magnesium: 64.34mg (16.09%), Copper: 0.32mg (15.95%), Vitamin B2: 0.27mg (15.59%), Vitamin E: 2.05mg (13.64%), Vitamin B3: 2.61mg (13.04%), Iron: 2mg (11.13%), Vitamin B5: 1.04mg (10.45%), Zinc: 1.51mg (10.09%), Vitamin B1: 0.14mg (9.43%), Vitamin B12: 0.2µg (3.4%), Vitamin D: 0.16µg (1.09%)