

## Italian Layered Vegetable Casserole

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon basil
- 15 ounce great northern beans rinsed drained canned
- 28 ounce canned tomatoes diced canned
- 0.1 teaspoon ground pepper
- 2 medium eggplant
- 2 cloves garlic minced
- 0.3 teaspoon pepper black
- 1 tablespoon nutritional yeast

- 0.5 small onion minced
- 0.5 teaspoon oregano
- 6 servings parsley chopped
- 0.5 teaspoon salt to taste (or )
- 1 cup pkt spinach packed
- 1 teaspoon sugar
- 2 tablespoons tomato paste
- 2 medium savory vegetable (such as mushrooms) sliced

## Equipment

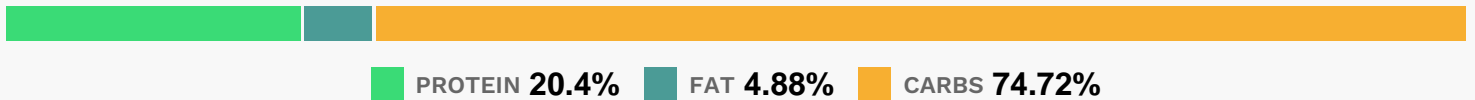
- food processor
- frying pan
- baking sheet
- paper towels
- oven
- blender
- casserole dish
- microwave

## Directions

- Cut into 1/4-inch slices. Pre-cook the slices until they are partially dehydrated: To microwave, cover the bottom of the microwave with two layers of paper towels.
- Place eggplant slices in a single layer and cook on high power for 8–10 minutes, until reduced in size and beginning to shrivel. Repeat with remaining eggplant. To pre-cook in the oven, place on a silicone baking mat or parchment-covered baking sheet.
- Bake at 450 F until slices are shriveled but not brown or crispy.
- Remove immediately from paper towels or baking sheet and place on a plate. While the eggplant is cooking, prepare the sauce, if you're making it from scratch. Sauté the onion in a non-stick skillet until softened; add the garlic and cook for another minute. Set aside.

- Remove 1/2 cup of the diced tomatoes and set aside. Put remaining tomatoes and sauce ingredients into blender and blend until smooth.
- Add reserved tomatoes and onions to blender and stir to combine (do not blend). Prepare the filling by placing all ingredients into a food processor and processing until smooth. Preheat oven to 42
- Spray a mid-sized rectangular casserole dish (I used 11x7-inch) with canola oil or non-stick spray. Put a thin layer of sauce in the bottom of the dish—just barely enough to cover the bottom. Arrange 1/3 of the eggplant slices over the sauce.
- Spread 1/2 of the bean filling over the eggplant, and put half of the zucchini or other vegetables over the filling.
- Drizzle lightly with sauce. Repeat eggplant, filling, zucchini, and sauce.
- Place the final layer of eggplant over the top, and pour the remaining sauce evenly over it, spreading it to cover the eggplant completely.
- Bake uncovered for about 30 minutes. Check to make sure that zucchini is cooked and sauce has thickened; if not, add more time.
- Remove when done and allow to sit for a few minutes before serving.
- Sprinkle with chopped parsley as garnish.

## Nutrition Facts



### Properties

Glycemic Index:81.35, Glycemic Load:5.16, Inflammation Score:-9, Nutrition Score:22.884782563085%

### Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

### Nutrients (% of daily need)

Calories: 180.34kcal (9.02%), Fat: 1.08g (1.66%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 25.68g (9.34%), Sugar: 12.85g (14.28%), Cholesterol: 0mg (0%), Sodium: 423.27mg (18.4%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.35%), Vitamin K: 104.03µg (99.07%), Manganese: 1mg (49.92%), Fiber: 11.58g (46.31%), Potassium: 1132.53mg (32.36%), Folate: 126.31µg (31.58%), Vitamin C: 25.16mg (30.5%), Copper: 0.52mg (25.96%), Vitamin A: 1245.34IU (24.91%), Magnesium: 93.75mg (23.44%), Vitamin B6: 0.45mg (22.47%), Iron: 3.91mg (21.72%), Phosphorus: 188.49mg (18.85%), Vitamin B1: 0.28mg (18.42%), Vitamin E: 2.52mg (16.79%), Vitamin B3: 3.22mg (16.09%), Calcium: 115.16mg (11.52%), Vitamin B2: 0.19mg (11.4%), Vitamin B5: 1.04mg (10.37%), Zinc: 1.2mg (7.97%), Selenium: 4.69µg (6.7%)