



Meatless Roasted Vegetables Lasagna

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups asiago cheese grated
- ☐ 0.3 cup flour all-purpose
- ☐ 5 garlic cloves minced
- ☐ 3 pasilla peppers green sliced
- ☐ 1 pound lasagna noodles
- ☐ 3 cups milk
- ☐ 12 servings nutmeg freshly grated to taste
- ☐ 12 servings olive oil

- ☐ 2 large onions sliced
- ☐ 3 large bell peppers red sliced
- ☐ 12 servings salt and pepper
- ☐ 1 pound whole-milk mozzarella cheese shredded
- ☐ 1 Handful thyme leaves fresh
- ☐ 2.5 cups tomato sauce
- ☐ 0.3 cup butter unsalted
- ☐ 4 zucchini green sliced

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

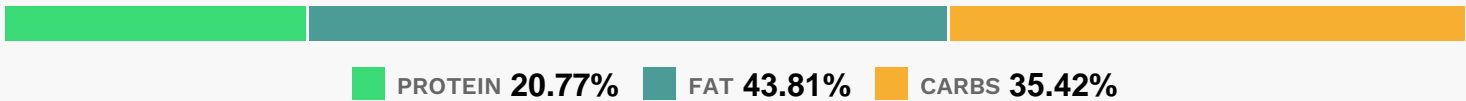
Directions

- ☐ Put the vegetables in a baking dish lined with baking paper to prevent them from sticking.
- ☐ Drizzle with olive oil and add the garlic and thyme, season with salt and pepper. Use your hands to mix well then, roast for 20–30 minutes. Set aside. Bring a large pot of salted water to a boil over high heat.
- ☐ Add the noodles and cook until al dente, 8 to 10 minutes.
- ☐ Drain and rinse with cold water to cool.
- ☐ Drain again and lay the noodles on a baking sheet and cover with a wet towel. In a saucepan over medium heat, bring the milk to just below a boil. In another saucepan over medium-high heat, melt the butter. Stir the flour into the butter and cook, stirring, for about 2 minutes.
- ☐ Remove from the heat and gradually whisk in the hot milk. Set over medium-low heat and cook, stirring, until thick and smooth, about 3 minutes. Season with salt, pepper and add the

nutmeg.

- ☐
- Remove the sauce from the heat. Set aside.Preheat oven to 375°F. Grease a 9-by-13-inch baking dish with olive oil.Cover the bottom of the prepared dish with a layer of the noodles.Spoon one-third of the tomato sauce over the noodles. Top with one-third of the roasted vegetables and then with one-third of the white sauce.
- ☐
- Sprinkle the mozzarella and asiago cheese evenly over the white sauce. Repeat the layering twice.
- ☐
- Bake until golden and bubbling, about 40 to 45 minutes.
- ☐
- Let stand for 15 minutes, then cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:16.73, Inflammation Score:-9, Nutrition Score:27.863043619239%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 525.03kcal (26.25%), Fat: 25.98g (39.97%), Saturated Fat: 8.99g (56.17%), Carbohydrates: 47.27g (15.76%), Net Carbohydrates: 41.65g (15.14%), Sugar: 12.17g (13.53%), Cholesterol: 35.62mg (11.87%), Sodium: 1019.18mg (44.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.44%), Vitamin C: 94.1mg (114.06%), Calcium: 680.81mg (68.08%), Phosphorus: 569.36mg (56.94%), Selenium: 37.69µg (53.84%), Vitamin A: 2281.06IU (45.62%), Manganese: 0.74mg (36.79%), Vitamin B6: 0.53mg (26.45%), Vitamin E: 3.87mg (25.77%), Vitamin B2: 0.44mg (25.73%), Fiber: 5.62g (22.5%), Zinc: 3.31mg (22.07%), Potassium: 745mg (21.29%), Magnesium: 81.75mg (20.44%), Vitamin K: 18.45µg (17.57%), Folate: 65.11µg (16.28%), Vitamin B12: 0.89µg (14.75%), Copper: 0.29mg (14.36%), Vitamin B1: 0.2mg (13.64%), Vitamin B3: 2.36mg (11.81%), Iron: 2.11mg (11.7%), Vitamin B5: 0.97mg (9.72%), Vitamin D: 0.83µg (5.5%)