



Mushroom-Polenta Lasagna

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound button mushrooms trimmed quartered
- 15 ounce canned tomatoes whole crushed canned
- 0.5 ounce porcini mushrooms dried rinsed
- 2 large eggs lightly beaten
- 0.5 cup parsley fresh plus more for topping chopped
- 2 cloves garlic minced
- 8 servings kosher salt
- 0.3 teaspoon nutmeg freshly grated

- 3 tablespoons olive oil extra-virgin
- 8 servings olive oil extra-virgin for the baking dish
- 1 small onion chopped
- 4 ounces parmesan cheese grated
- 3 cups part-skim mozzarella cheese grated
- 2.5 cups polenta instant
- 0.3 teaspoon pepper flakes red
- 1 pound mushroom caps quartered
- 3 tablespoons tomato paste
- 3 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil
- broiler
- dutch oven

Directions

- Make the sauce: Soak the dried porcini in 3 cups hot water, 30 minutes.
- Drain, reserving 2 cups of the soaking liquid. Roughly chop the porcini.
- Heat 1 tablespoon each butter and olive oil in a large pot or Dutch oven over medium-high heat.
- Add half of the button and shiitake mushrooms and cook, undisturbed, until slightly browned on the bottom, about 2 minutes. Continue to cook, stirring, until soft, 2 to 3 more minutes;

transfer to a bowl. Repeat with another 1 tablespoon each butter and olive oil and the remaining button and shiitake mushrooms.

- Transfer to the bowl and add 1/2 teaspoon salt.
- Reduce the heat to medium and add the remaining 1 tablespoon each butter and olive oil to the skillet.
- Add the onion and porcini and cook, stirring, until the onion is soft, about 4 minutes. Stir in the garlic and red pepper flakes.
- Add the tomato paste and cook, stirring, until darkened, 1 to 2 minutes.
- Add the reserved 2 cups porcini liquid, the crushed tomatoes, button and shiitake mushrooms and 1/2 teaspoon salt. Bring to a simmer and cook, stirring occasionally, until thickened, about 30 minutes.
- Remove from the heat and stir in the parsley; season with salt.
- Prepare the lasagna: Bring 7 cups water to a boil in a large saucepan; transfer to a large heatproof bowl. Meanwhile, bring 3 cups water to a boil in a separate large saucepan. Gradually whisk the polenta and 1 1/2 teaspoons salt into the bowl of hot water. Cover the bowl tightly with foil and set over the saucepan of boiling water. Reduce the heat so the water is simmering; cook the polenta until the liquid is absorbed, about 15 minutes.
- Remove from the heat, uncover and vigorously whisk in the parmesan, eggs and nutmeg.
- Preheat the oven to 350 degrees F. Lightly brush a 3-quart baking dish with olive oil.
- Spread one-third of the polenta in the dish and top with half of the mushroom sauce.
- Sprinkle with 1 cup mozzarella. Repeat the layers (polenta, sauce, mozzarella), then top with the remaining polenta. (If the polenta gets too thick, whisk in a little hot water.)
- Loosely cover the dish with foil and bake until bubbly, 50 minutes to 1 hour. Turn on the broiler. Uncover the lasagna and top with the remaining 1 cup mozzarella; broil until melted, 2 to 3 minutes.
- Sprinkle with parsley.
- Let stand 15 minutes before serving.
- Photograph by Con Poulos

Nutrition Facts



PROTEIN **15.27%** FAT **50.49%** CARBS **34.24%**

Properties

Glycemic Index:38.25, Glycemic Load:2.98, Inflammation Score:-8, Nutrition Score:25.86565198069%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 641.78kcal (32.09%), Fat: 36.69g (56.44%), Saturated Fat: 12.35g (77.21%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 51.41g (18.7%), Sugar: 6.87g (7.63%), Cholesterol: 97mg (32.33%), Sodium: 850.38mg (36.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.97g (49.93%), Vitamin K: 78.17µg (74.45%), Calcium: 495.44mg (49.54%), Phosphorus: 492.25mg (49.23%), Selenium: 33.47µg (47.82%), Vitamin B2: 0.67mg (39.57%), Vitamin B3: 6.06mg (30.32%), Vitamin B5: 2.79mg (27.92%), Vitamin E: 4.14mg (27.59%), Copper: 0.55mg (27.37%), Vitamin B6: 0.49mg (24.74%), Vitamin A: 1170.18IU (23.4%), Zinc: 3.41mg (22.71%), Potassium: 782.6mg (22.36%), Manganese: 0.4mg (19.96%), Fiber: 4.56g (18.25%), Magnesium: 64.72mg (16.18%), Vitamin C: 13.33mg (16.16%), Iron: 2.67mg (14.86%), Vitamin B1: 0.19mg (12.91%), Folate: 48.13µg (12.03%), Vitamin B12: 0.68µg (11.31%), Vitamin D: 0.93µg (6.23%)