



Roasted Portobello and Prosciutto Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup all purpose flour
- ☐ 1 bay leaf
- ☐ 2 tablespoons butter cut into 1/2-inch pieces
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 8 ounces gruyère cheese shredded
- ☐ 1 pound lasagna noodles
- ☐ 14 ounce low-salt chicken broth canned

- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2.5 pounds portabello mushrooms trimmed (10)
- ☐ 6 ounces pancetta chopped
- ☐ 0.7 cup shallots chopped (2 large)
- ☐ 4 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Brush rimmed baking sheet with 1 tablespoon olive oil. Toss mushrooms with 2 tablespoons olive oil in large bowl to coat. Arrange mushrooms, gill side up, in single layer on prepared baking sheet.
- ☐ Sprinkle with salt and pepper. Roast until tender, about 45 minutes. Cool.
- ☐ Cut mushrooms into 1/3-inch-thick slices.
- ☐ Meanwhile, heat remaining 2 teaspoons oil in medium nonstick skillet over medium heat.
- ☐ Add prosciutto; sauté until browned, about 3 minutes.
- ☐ Add shallots, rosemary, and thyme. Cook until shallots are tender, stirring frequently, about 5 minutes. (Mushrooms and prosciutto-shallot mixture can be made 1 day ahead. Cover separately and chill).
- ☐ Bring milk, broth, and bay leaf to simmer in heavy large saucepan over medium heat.

- ☐ Remove from heat.
- ☐ Let stand 10 minutes; discard bay leaf.
- ☐ Melt butter in heavy medium saucepan over medium-low heat.
- ☐ Whisk in flour; stir 2 minutes.
- ☐ Whisk in hot milk mixture; bring to boil, whisking frequently. Reduce heat to low; simmer 5 minutes, stirring frequently.
- ☐ Remove from heat; stir in Gruyère, Parmesan, and nutmeg. Season to taste with salt and pepper.
- ☐ Cook noodles in large pot of boiling salted water until almost tender but slightly undercooked (noodles will finish cooking in oven).
- ☐ Drain and rinse with cold water.
- ☐ Drain again; pat dry.
- ☐ Butter 13x9x2-inch glass baking dish.
- ☐ Spread 1 cup sauce over bottom of prepared dish. Arrange 1/3 of noodles over sauce, overlapping to fit.
- ☐ Spread about 1 2/3 cups sauce over noodles. Arrange 1/2 of mushrooms over sauce. Scatter 1/2 of prosciutto mixture over mushrooms. Arrange 1/2 of remaining noodles over mushrooms, overlapping to fit.
- ☐ Spread 1 2/3 cups sauce over noodles. Arrange remaining mushrooms over sauce, sprinkle with remaining prosciutto, and top with remaining noodles.
- ☐ Spread remaining sauce over noodles, sprinkle Parmesan cheese over, and dot with butter. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 350°F.
- ☐ Bake lasagna until top is golden brown and sauce is bubbling, about 45 minutes (about 1 hour if refrigerated).
- ☐ Let stand 20 to 30 minutes before serving.

Nutrition Facts



■ PROTEIN 17.52% ■ FAT 43.56% ■ CARBS 38.92%

Properties

Glycemic Index:43.75, Glycemic Load:25.76, Inflammation Score:-7, Nutrition Score:27.763478372408%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Nutrients (% of daily need)

Calories: 678.82kcal (33.94%), Fat: 33.13g (50.97%), Saturated Fat: 14.31g (89.42%), Carbohydrates: 66.62g (22.21%), Net Carbohydrates: 62g (22.55%), Sugar: 12.69g (14.1%), Cholesterol: 72.82mg (24.27%), Sodium: 555.17mg (24.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.95%), Selenium: 78.89µg (112.7%), Phosphorus: 664.38mg (66.44%), Calcium: 521.81mg (52.18%), Vitamin B3: 9.69mg (48.47%), Manganese: 0.77mg (38.5%), Vitamin B2: 0.58mg (33.96%), Copper: 0.65mg (32.52%), Potassium: 1024.3mg (29.27%), Vitamin B5: 2.72mg (27.21%), Vitamin B6: 0.53mg (26.41%), Zinc: 3.89mg (25.92%), Vitamin B1: 0.37mg (24.96%), Vitamin B12: 1.43µg (23.83%), Folate: 79.15µg (19.79%), Fiber: 4.62g (18.46%), Magnesium: 67.12mg (16.78%), Vitamin D: 2.05µg (13.69%), Vitamin A: 629.62IU (12.59%), Iron: 2.24mg (12.47%), Vitamin E: 1.21mg (8.04%), Vitamin K: 4.89µg (4.66%), Vitamin C: 1.99mg (2.41%)