



Roasted-Vegetable Lasagna

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon pepper black
- 9 lasagna noodles cooked
- 3 tablespoons flour all-purpose
- 0.3 cup basil fresh chopped
- 2 tablespoons basil fresh chopped
- 4 garlic cloves minced
- 2 cups curd cottage cheese 2% low-fat

- 1.5 cups milk 2% reduced-fat
- 1 teaspoon olive oil
- 1 large onion cut into 16 wedges
- 1 teaspoon oregano dried
- 2 ounces part-skim mozzarella cheese shredded
- 6 ounces sharp provolone cheese grated
- 4 bell peppers red
- 0.5 teaspoon salt
- 2 cups spinach leaves divided
- 6 baby squash yellow halved lengthwise cut into 1-inch pieces (1 1/2 pounds)

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil
- broiler
- ziploc bags

Directions

- Preheat broiler.
- To prepare vegetables, cut bell peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 15 minutes. Peel; set aside.

- Preheat oven to 45
- Combine oil, salt, 1/2 teaspoon black pepper, squash, and onion on a baking sheet; toss well.
- Bake at 450 for 20 minutes.
- Remove from oven; combine squash mixture and garlic in a bowl.
- Decrease oven temperature to 37
- To prepare cheese mixture, combine cottage cheese and next 3 ingredients (cottage cheese through oregano) in a bowl.
- To prepare white sauce, place flour in a medium saucepan. Gradually add milk; stir with a whisk.
- Place over medium heat. Cook until thick; stir constantly.
- Remove from heat; stir in 2 tablespoons chopped basil and 1/4 teaspoon black pepper.
- Spread 1/4 cup white sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over sauce; top with 1 1/4 cups cheese mixture, 1 cup spinach, 4 bell pepper halves, 2 cups vegetable mixture, and 1/4 cup white sauce. Repeat layers, ending with noodles.
- Spread remaining white sauce over noodles. Cover and bake at 375 for 15 minutes. Uncover; sprinkle with mozzarella cheese.
- Bake an additional 20 minutes.
- Garnish with basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:56.94, Glycemic Load:12.08, Inflammation Score:-10, Nutrition Score:24.433478262113%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 292.1kcal (14.61%), Fat: 8.81g (13.56%), Saturated Fat: 4.97g (31.03%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 30.04g (10.93%), Sugar: 9.73g (10.82%), Cholesterol: 22.23mg (7.41%), Sodium: 539.66mg (23.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.52%), Vitamin C: 93.72mg (113.6%), Vitamin A: 2863.5IU (57.27%), Vitamin K: 45.99µg (43.8%), Selenium: 26.51µg (37.88%), Phosphorus: 338.65mg (33.87%), Manganese: 0.66mg (32.84%), Calcium: 317.04mg (31.7%), Vitamin B2: 0.51mg (30.07%), Vitamin B6: 0.59mg (29.53%), Folate: 98.9µg (24.72%), Potassium: 687.85mg (19.65%), Fiber: 4.31g (17.23%), Magnesium: 62.35mg (15.59%), Vitamin B12: 0.85µg (14.21%), Zinc: 2.1mg (13.97%), Iron: 2.13mg (11.86%), Vitamin B1: 0.17mg (11.33%), Copper: 0.19mg (9.46%), Vitamin E: 1.35mg (9.03%), Vitamin B3: 1.78mg (8.89%), Vitamin B5: 0.83mg (8.31%)