



Roasted-Vegetable Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving coarse salt
- 2 pounds eggplant peeled cut lengthwise into ¼-inch-thick slices
- 2 pounds zucchini cut lengthwise into ¼-inch-thick slices
- 0.5 cup olive oil extra virgin extra-virgin for brushing
- 1 serving pepper freshly ground
- 3 medium onion red cut into ½-inch rings
- 5 ounces goat cheese
- 1 serving tomatoes

- 0.5 lasagne pasta sheets dried fresh store-bought cooked cut into 4-by-13-inch strips and , or noodles,
- 0.3 cup marjoram fresh loosely packed roughly chopped
- 0.8 cup pecorino cheese finely grated

Equipment

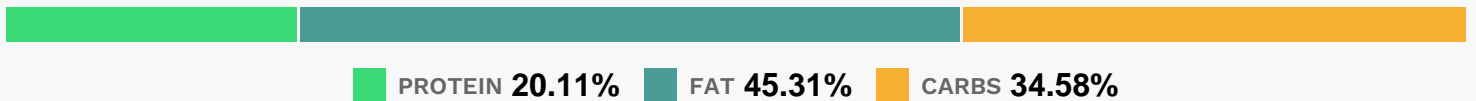
- bowl
- baking sheet
- paper towels
- oven
- baking pan

Directions

- Preheat oven to 500 degrees.
- Sprinkle 2 tablespoons salt over eggplant slices, and let drain for 45 minutes.
- Meanwhile, place zucchini in a single layer on oiled baking sheets. (Work in batches if necessary.)
- Brush with oil, and season with salt and pepper.
- Bake, rotating pans halfway through, until tender and just starting to brown, 10 to 12 minutes.
- Let cool slightly, then transfer to a dish.
- Place onion rings in a single layer on oiled baking sheets. (Work in batches if necessary.)
- Brush with oil, and season with salt and pepper.
- Bake until tender and browned, 10 to 15 minutes.
- Let cool slightly, then chop into 1/2-inch pieces.
- Mix with goat cheese in a small bowl.
- Gently press eggplant slices between double layers of paper towels to remove excess liquid.
- Place eggplant in a single layer on oiled baking sheets (work in batches if necessary.)
- Brush with oil, and season with pepper.
- Bake until tender and golden, 6 to 9 minutes.

- Reduce oven temperature to 375 degrees.
- Spread 1/2 cup of marinara in a 9-by-13-inch baking dish.
- Place a layer of noodles over marinara.
- Layer eggplant on top of noodles.
- Spread 1/2 of the goat cheese mixture over eggplant.
- Spread 1 cup marinara over cheese layer, and sprinkle with 2 tablespoons marjoram. Repeat layering once, replacing eggplant with zucchini (noodles, zucchini, goat cheese, marinara, marjoram).
- Place a layer of noodles on top.
- Spread remaining marinara on top of noodles, and sprinkle with Pecorino Romano cheese.
- Place baking dish on a rimmed baking sheet.
- Bake until cheese is golden and sauce is bubbling, about 45 minutes.
- Let stand for 15 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:3.08, Inflammation Score:-7, Nutrition Score:13.713478140209%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 181.54kcal (9.08%), Fat: 9.65g (14.84%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 11.01g (4.01%), Sugar: 9.41g (10.46%), Cholesterol: 17.9mg (5.97%), Sodium: 288.12mg (12.53%), Alcohol: 0g (100%), Protein: 9.64g (19.27%), Vitamin C: 28mg (33.94%), Manganese: 0.57mg (28.6%), Vitamin K: 24.94µg (23.75%), Fiber: 5.55g (22.21%), Phosphorus: 206.81mg (20.68%), Vitamin B6: 0.4mg (20.01%), Potassium: 682.62mg (19.5%), Calcium: 166.12mg (16.61%), Folate: 65.71µg (16.43%), Copper: 0.32mg (16.23%), Vitamin B2: 0.27mg (16.09%), Magnesium: 50.74mg (12.69%), Vitamin A: 610.46IU (12.21%), Vitamin B1: 0.14mg (9.07%), Vitamin

B5: 0.82mg (8.19%), Iron: 1.41mg (7.85%), Vitamin B3: 1.57mg (7.85%), Vitamin E: 1.16mg (7.7%), Zinc: 1.09mg (7.24%),
Selenium: 3.83µg (5.47%), Vitamin B12: 0.14µg (2.31%)