



Roasted Vegetable Lasagna

READY IN



138 min.

SERVINGS



8

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup asiago cheese grated
- ☐ 3 tablespoons butter
- ☐ 2 pounds butternut squash
- ☐ 0.3 cup flour all-purpose
- ☐ 4 garlic cloves halved
- ☐ 9 precooked lasagna noodles dried
- ☐ 3 cups leeks sliced (5 medium)
- ☐ 4 cups milk
- ☐ 3 tablespoons olive oil divided

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 1 bell pepper red cut into thin strips
- ☐ 1 teaspoon salt
- ☐ 0.5 large sweet potatoes and into cut into 1/2
- ☐ 1 cup whipping cream

Equipment

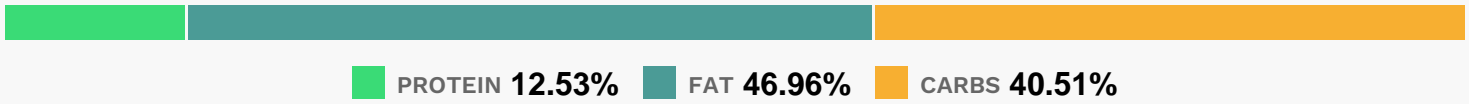
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave butternut squash at HIGH 2 minutes (This step softens squash for slicing).
- ☐ Cut squash in half lengthwise; remove and discard seeds. Peel squash, and cut into 1/2" cubes. Set aside 3 cups cubed squash; reserve any remaining squash for another use.
- ☐ Combine 3 cups squash, sweet potato, and 2 tablespoons olive oil on a large rimmed baking sheet.
- ☐ Bake at 450 for 10 minutes.
- ☐ Meanwhile, combine leeks, bell pepper, and remaining 1 tablespoon oil in a large bowl.
- ☐ Add to partially roasted squash mixture, stirring gently.
- ☐ Bake at 450 for 20 minutes or until vegetables are tender, stirring after 15 minutes. Return roasted vegetables to bowl; set aside.
- ☐ Combine milk and garlic in a large saucepan; bring just to a boil. Reduce heat, and simmer, uncovered, 10 minutes.

- ☐ Remove and discard garlic.
- ☐ Melt butter in a large saucepan over medium heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in warm milk; cook over medium-high heat, whisking constantly, 12 to 13 minutes or until slightly thickened.
- ☐ Remove from heat; stir in salt and pepper.
- ☐ Add to roasted vegetables, stirring gently.
- ☐ Spoon 1 cup vegetable mixture into a lightly greased 13" x 9" baking dish. Top with 3 lasagna noodles; spread half of remaining vegetable mixture over noodles, and sprinkle with 1/2 cup Asiago cheese. Repeat procedure with 3 noodles, remaining vegetable mixture, and remaining Asiago cheese. Break remaining 3 noodles in half and lay on top of casserole. (Breaking the noodles keeps them from curling up.)
- ☐ Beat cream at high speed with an electric mixer until soft peaks form.
- ☐ Spread whipped cream over noodles; sprinkle with Parmesan cheese.
- ☐ Bake, covered, at 350 for 30 minutes. Uncover and bake 13 more minutes or until golden and bubbly.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:17.66, Inflammation Score:-10, Nutrition Score:27.42130420519%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 560.98kcal (28.05%), Fat: 29.89g (45.99%), Saturated Fat: 13.88g (86.74%), Carbohydrates: 58.01g (19.34%), Net Carbohydrates: 53.02g (19.28%), Sugar: 13.02g (14.46%), Cholesterol: 62.19mg (20.73%), Sodium: 730.06mg (31.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.89%), Vitamin A: 17066.31IU (341.33%), Vitamin C: 48.03mg (58.21%), Calcium: 466.76mg (46.68%), Selenium: 30.71µg (43.87%), Manganese: 0.83mg (41.57%), Phosphorus: 397.26mg (39.73%), Vitamin B6: 0.51mg (25.36%), Potassium: 880.92mg (25.17%),

Magnesium: 97.72mg (24.43%), Vitamin E: 3.58mg (23.88%), Vitamin B2: 0.39mg (22.8%), Vitamin K: 23.12µg (22.01%), Vitamin B1: 0.3mg (20.1%), Fiber: 5g (19.98%), Folate: 76.53µg (19.13%), Vitamin B12: 0.95µg (15.77%), Vitamin B5: 1.49mg (14.93%), Iron: 2.51mg (13.94%), Vitamin B3: 2.72mg (13.62%), Copper: 0.27mg (13.52%), Zinc: 1.99mg (13.25%), Vitamin D: 1.91µg (12.74%)