



## Roasted Vegetable Lasagna with Goat Cheese



Vegetarian



Popular

READY IN



90 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 medium bell pepper cut into 1-inch pieces
- ☐ 3 medium summer squash cut in half lengthwise and then into 1/2-inch slices
- ☐ 1 medium onion separated cut into 8 wedges, into pieces
- ☐ 8 oz mushrooms sliced
- ☐ 1 serving pam original flavor shopping list
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 12 lasagne pasta sheets uncooked

- ☐ 5 oz goat cheese (goat)
- ☐ 7 oz basil pesto refrigerated
- ☐ 2 cups pasta sauce
- ☐ 8 oz pizza cheese shredded italian

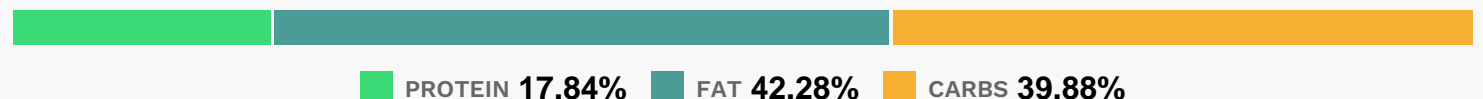
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Heat oven to 450°F. Spray 15x10x1-inch pan with cooking spray. In pan, place bell peppers, summer squash, onion and mushrooms in single layer. Spray vegetables with cooking spray; sprinkle with salt and pepper.
- ☐ Bake uncovered 15 to 20 minutes, turning vegetables once, until crisp-tender.
- ☐ Meanwhile, spray 13x9-inch (3-quart) baking dish with cooking spray. Cook and drain noodles as directed on package using minimum cook time. In medium bowl, crumble chèvre into pesto; stir.
- ☐ Spread 1/2 cup pasta sauce in baking dish; top with 3 noodles.
- ☐ Layer with half the pesto mixture and 2 cups of the vegetables. Top with 3 more noodles. Top with 3/4 cup sauce and 1 cup shredded cheese blend. Top with 2 cups vegetables, 3 noodles, remaining half of pesto mixture, 2 cups vegetables, 3 noodles and 3/4 cup sauce.
- ☐ Sprinkle remaining 1 cup shredded cheese over top.
- ☐ Reduce oven temperature to 375°F.
- ☐ Bake uncovered 20 to 30 minutes or until hot.
- ☐ Let stand 10 minutes before cutting.

## Nutrition Facts



## Properties

Glycemic Index:30.25, Glycemic Load:15.24, Inflammation Score:-9, Nutrition Score:20.687391244847%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 439.65kcal (21.98%), Fat: 21.21g (32.63%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 40.06g (14.57%), Sugar: 8.89g (9.88%), Cholesterol: 15.8mg (5.27%), Sodium: 794.43mg (34.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.14g (40.27%), Vitamin C: 75.52mg (91.53%), Vitamin A: 2493.16IU (49.86%), Selenium: 30.31µg (43.3%), Manganese: 0.69mg (34.32%), Vitamin B6: 0.5mg (25.01%), Copper: 0.46mg (23.15%), Vitamin B2: 0.39mg (23.08%), Phosphorus: 209.28mg (20.93%), Fiber: 4.94g (19.75%), Potassium: 678mg (19.37%), Vitamin B3: 3.23mg (16.16%), Folate: 64.48µg (16.12%), Calcium: 157.37mg (15.74%), Magnesium: 56.17mg (14.04%), Iron: 2.24mg (12.45%), Vitamin B5: 1.19mg (11.88%), Vitamin E: 1.76mg (11.73%), Vitamin B1: 0.15mg (10.24%), Zinc: 1.39mg (9.24%), Vitamin K: 6.62µg (6.31%)