



## Seafood Lasagna

READY IN



45 min.

SERVINGS



12

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 3 large eggs
- ☐ 1.5 ounces flour all-purpose
- ☐ 0.5 cup parsley fresh divided chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 0.5 cup half-and-half
- ☐ 12 no-cook lasagna noodles

- ☐ 3 cups milk 2% reduced-fat
- ☐ 0.1 teaspoon nutmeg whole grated
- ☐ 2 cups onion thinly sliced
- ☐ 8 ounces parmigiano-reggiano cheese divided grated
- ☐ 15 ounce carton ricotta cheese fat-free
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound scallops coarsely chopped
- ☐ 0.8 pound shrimp deveined peeled coarsely chopped

## Equipment

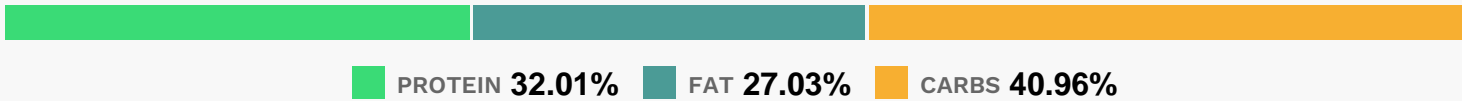
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place a large saucepan over medium heat; add flour to pan. Gradually add milk to pan, stirring constantly with a whisk until smooth; cook 1 minute. Stir in butter, thyme, salt, and pepper; bring to a boil. Cook 5 minutes or until thick, stirring constantly.
- ☐ Remove pan from heat; stir in 1 1/4 cups Parmigiano and nutmeg. Set cheese sauce aside.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; saut 4 minutes.
- ☐ Add garlic; saut for 1 minute.

- ☐ Remove from heat.
- ☐ Add cream cheese; stir until cheese melts. Stir in half-and-half, 1/4 cup parsley, shrimp, and scallops.
- ☐ Combine eggs and ricotta in a food processor; process until smooth. Stir ricotta mixture into seafood mixture.
- ☐ Spoon 1 cup cheese sauce into bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles over sauce; top with half of ricotta mixture. Repeat layers with 4 noodles, remaining half of ricotta mixture, and remaining 4 noodles.
- ☐ Pour remaining cheese sauce over noodles; sprinkle with remaining 3/4 cup Parmigiano.
- ☐ Bake at 350 for 45 minutes or until lightly browned.
- ☐ Sprinkle lasagna with remaining 1/4 cup parsley.
- ☐ Let stand 10 minutes before serving.
- ☐ Wine note: The rich, mellow flavor and creamy, mouth-filling texture of this seafood lasagna demands a white wine that's soft and full on the palate. Chardonnay is a great answer—especially a luscious, full-bodied Italian version like Antinori's Cervaro della Sala 2003 from Umbria (\$45). -Karen MacNeil

## Nutrition Facts



## Properties

Glycemic Index:35.83, Glycemic Load:11.28, Inflammation Score:-8, Nutrition Score:15.51869554105%

## Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

## Nutrients (% of daily need)

Calories: 346.43kcal (17.32%), Fat: 10.16g (15.63%), Saturated Fat: 5.72g (35.72%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 32.98g (11.99%), Sugar: 6.66g (7.4%), Cholesterol: 128.23mg (42.74%), Sodium: 596.96mg (25.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.15%), Selenium: 32.78µg (46.82%), Phosphorus: 444.36mg (44.44%), Calcium: 410.51mg (41.05%), Vitamin K: 41.93µg (39.93%), Manganese: 0.39mg

(19.51%), Vitamin B12: 1.07µg (17.86%), Vitamin B2: 0.3mg (17.75%), Zinc: 2.16mg (14.42%), Magnesium: 54.45mg (13.61%), Copper: 0.25mg (12.28%), Vitamin A: 580.22IU (11.6%), Potassium: 393.01mg (11.23%), Vitamin B6: 0.18mg (9.15%), Folate: 35.74µg (8.94%), Iron: 1.52mg (8.43%), Vitamin C: 6.91mg (8.38%), Vitamin B5: 0.77mg (7.7%), Vitamin B1: 0.11mg (7.42%), Fiber: 1.66g (6.62%), Vitamin B3: 1.1mg (5.48%), Vitamin D: 0.34µg (2.3%), Vitamin E: 0.3mg (2.01%)