



Skillet Lasagna

READY IN



45 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 cups baby spinach
- 4 tablespoons basil and/or parsley fresh plus more for garnish chopped
- 1 carrots peeled
- 1 large eggs
- 4 cloves garlic sliced
- 4 servings kosher salt and pepper freshly ground
- 6 sheets no-bake lasagna noodles
- 0.3 pound mozzarella cheese thinly sliced
- 0.3 cup olive oil extra-virgin plus more for drizzling

- 2 tablespoons parmesan cheese grated plus more for garnish
- 1 cup ricotta cheese
- 1.5 pounds tomatoes diced ripe
- 1 zucchini peeled

Equipment

- bowl
- frying pan
- blender

Directions

- Heat the 1/4 cup olive oil in a large skillet over medium-high heat.
- Add the garlic; cook until golden, 1 minute.
- Add the tomatoes, 1 tablespoon herbs, 1/2 teaspoon salt, and pepper to taste; cook until saucy, about 5 minutes.
- Transfer to a blender and puree. Return 1 cup of the sauce to the skillet and reduce the heat to low; reserve the remaining sauce.
- Meanwhile, mix the ricotta, egg, parmesan, the remaining 3 tablespoons herbs, 1/2 teaspoon salt, and pepper to taste in a bowl.
- Place 2 lasagna noodles over the sauce in the skillet.
- Layer half of the carrot and zucchini on top; drizzle with olive oil and season with salt and pepper. Cover with half of the spinach, half of the ricotta mixture, a few pieces of mozzarella and 2 to 3 tablespoons of the reserved tomato sauce. Repeat the layers, ending with noodles. Top with the remaining sauce and mozzarella. Cover and simmer until the lasagna is cooked and the cheese melts, 20 to 25 minutes.
- Let rest for a few minutes before slicing.
- Garnish with more parmesan and fresh herbs.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 17.94% ■ FAT 50.75% ■ CARBS 31.31%

Properties

Glycemic Index:81.96, Glycemic Load:16.13, Inflammation Score:-10, Nutrition Score:32.23434779955%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 581.01kcal (29.05%), Fat: 33.18g (51.05%), Saturated Fat: 12.99g (81.16%), Carbohydrates: 46.07g (15.36%), Net Carbohydrates: 41.1g (14.95%), Sugar: 8.29g (9.22%), Cholesterol: 110.16mg (36.72%), Sodium: 591.44mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.78%), Vitamin K: 162.5µg (154.76%), Vitamin A: 7250.36IU (145.01%), Selenium: 47.48µg (67.83%), Manganese: 1.02mg (50.87%), Vitamin C: 41.65mg (50.48%), Phosphorus: 435.1mg (43.51%), Calcium: 422.24mg (42.22%), Folate: 116.22µg (29.05%), Potassium: 953.74mg (27.25%), Vitamin B2: 0.46mg (27.09%), Vitamin E: 3.9mg (26.02%), Magnesium: 91.15mg (22.79%), Vitamin B6: 0.45mg (22.6%), Zinc: 3.36mg (22.39%), Vitamin B12: 1.22µg (20.29%), Fiber: 4.97g (19.9%), Copper: 0.33mg (16.63%), Iron: 2.77mg (15.37%), Vitamin B1: 0.19mg (12.34%), Vitamin B3: 2.44mg (12.2%), Vitamin B5: 0.9mg (8.98%), Vitamin D: 0.54µg (3.58%)