



 **62%**  
HEALTH SCORE

## Spinach Lasagna With Mushroom Ragu

 Very Healthy

READY IN



240 min.

SERVINGS



8

CALORIES



885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces asiago cheese shredded
- 3 bay leaves
- 1 large carrots finely chopped
- 1 stalk celery finely chopped
- 1 ounce porcini mushrooms dried
- 2 large eggs lightly beaten
- 0.3 cup parsley fresh chopped
- 4 cloves garlic chopped

- 8 servings kosher salt and pepper freshly ground
- 12 ounces lasagna noodles dried
- 0.3 teaspoon nutmeg freshly grated
- 2 tablespoons olive oil extra-virgin
- 1 medium onion chopped
- 3 ounces parmesan cheese grated
- 1.5 pounds part-skim mozzarella cheese shredded
- 2 portobello mushroom caps chopped
- 2 pounds ricotta cheese
- 1.5 pounds mushroom caps chopped
- 1 pound pkt spinach frozen dry thawed chopped
- 2 tablespoons tomato paste
- 56 ounce san marzano tomatoes whole crushed canned

## Equipment

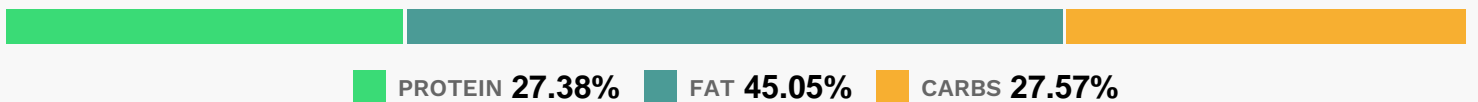
- bowl
- baking sheet
- oven
- pot
- sieve
- baking pan
- aluminum foil

## Directions

- Make the ragu: Soak the porcini mushrooms in 1 cup hot water until soft, about 15 minutes. Strain through a fine-mesh sieve over a bowl. Chop; reserve the liquid.
- Meanwhile, heat the olive oil in a pot over medium heat.
- Add the onion, carrot and celery and cook until soft, 5 minutes. Stir in the garlic and tomato paste and cook, stirring, 2 more minutes.

- Add the portobello and shiitake mushrooms, 1 teaspoon salt and 1/2 teaspoon pepper; cook, stirring, until the mushrooms are soft, 5 more minutes.
- Add the porcini mushrooms; cook 2 minutes.
- Add the reserved porcini liquid, bring to a boil and cook until reduced slightly, about 3 minutes.
- Add the tomatoes and their juice, 2 cups water and the bay leaves; bring to a boil, stirring occasionally. Reduce the heat to medium low, add the parsley and 1 teaspoon salt and simmer, stirring a few times, until thick, about 1 hour, 30 minutes. Discard the bay leaves. (You can make the ragu up to 1 day ahead; let cool, then cover and chill. Reheat before using.)
- Mix the parmesan, mozzarella and asiago; set 1 1/2 cups of the cheese mixture aside.
- Combine the remaining cheese mixture in a large bowl with the ricotta, eggs, spinach, nutmeg and 1/2 teaspoon salt.
- Preheat the oven to 375 degrees F. Bring a pot of salted water to a boil.
- Add the noodles and cook as the label directs.
- Drain and rinse under cold water; shake off the excess water.
- Spread 1 cup of the ragu in a 9-by-13-inch baking dish.
- Add a layer of noodles, then half of the spinach mixture and 2 cups ragu. Repeat with another layer of noodles, spinach mixture and ragu. Top with the remaining noodles and ragu and sprinkle with the reserved cheese. Cover with foil, place on a baking sheet and bake 50 minutes. Uncover and bake until golden, about 25 more minutes.
- Let rest before serving.
- Photograph by Anna Williams

## Nutrition Facts



### Properties

Glycemic Index:59.48, Glycemic Load:18.26, Inflammation Score:-10, Nutrition Score:50.235652052838%

### Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 4.19mg, Apigenin: 4.19mg, Apigenin: 4.19mg, Apigenin: 4.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

## Nutrients (% of daily need)

Calories: 885.43kcal (44.27%), Fat: 45.01g (69.25%), Saturated Fat: 25.53g (159.57%), Carbohydrates: 61.99g (20.66%), Net Carbohydrates: 52.95g (19.26%), Sugar: 12.59g (13.99%), Cholesterol: 185.27mg (61.76%), Sodium: 1565.9mg (68.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.55g (123.1%), Vitamin K: 266µg (253.33%), Vitamin A: 11334.97IU (226.7%), Calcium: 1488.44mg (148.84%), Selenium: 82.49µg (117.84%), Phosphorus: 1167.57mg (116.76%), Manganese: 1.38mg (68.75%), Vitamin B2: 1.13mg (66.71%), Zinc: 7.53mg (50.18%), Folate: 181.83µg (45.46%), Vitamin C: 35.99mg (43.62%), Potassium: 1513.63mg (43.25%), Vitamin B6: 0.86mg (42.92%), Magnesium: 165.43mg (41.36%), Copper: 0.79mg (39.3%), Vitamin B3: 7.53mg (37.66%), Fiber: 9.04g (36.16%), Vitamin B5: 3.46mg (34.56%), Vitamin B12: 1.67µg (27.87%), Vitamin E: 3.99mg (26.63%), Iron: 4.16mg (23.1%), Vitamin B1: 0.27mg (18.1%), Vitamin D: 1.47µg (9.79%)