



Swiss Chard Lasagna with Ricotta and Mushroom

READY IN



120 min.

SERVINGS



8

CALORIES



1324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour
- 8 servings kosher salt
- 1 pound crimini mushrooms sliced
- 1.5 cups fontina italian divided packed grated
- 4 large garlic clove divided chopped
- 1 pinch ground cloves
- 0.3 teaspoon nutmeg
- 63 lasagne pasta sheets

- 8 servings olive oil extra virgin extra-virgin
- 1.3 cups onion chopped
- 8 tablespoons parmesan cheese divided finely grated
- 0.3 teaspoon pepper dried red crushed
- 15 ounce ricotta cheese organic divided (preferably)
- 1 pound swiss chard
- 1 turkish bay leaf
- 6 tablespoons butter unsalted ()
- 2.5 cups milk whole

Equipment

- frying pan
- sauce pan
- oven
- whisk
- pot
- plastic wrap
- aluminum foil
- glass baking pan

Directions

- Bring milk and bay leaf to simmer in medium saucepan; remove from heat. Melt butter in heavy large saucepan over medium-low heat.
- Add flour and whisk to blend. Cook 2 minutes, whisking almost constantly (do not let roux brown). Gradually whisk milk with bay leaf into roux.
- Add 1/2 teaspoon coarse salt, nutmeg, and cloves and bring to simmer. Cook until sauce thickens enough to coat spoon, whisking often, about 3 minutes.
- Remove bay leaf. DO AHEAD: Béchamel sauce can be made 1 day ahead. Press plastic wrap directly onto surface and chill.
- Remove plastic and rewarm sauce before using, whisking to smooth.

- Blanch chard in large pot of boiling salted water 1 minute.
- Drain, pressing out all water, then chop coarsely.
- Heat 2 tablespoons oil in heavy medium skillet over medium-high heat.
- Add onion, half of garlic, and crushed red pepper. Sauté until onion is tender, 3 to 4 minutes.
- Mix in chard and season to taste with coarse salt and freshly ground black pepper.
- Heat remaining 2 tablespoons oil in heavy large nonstick skillet over medium-high heat.
- Add mushrooms and remaining garlic. Sauté until mushrooms are brown and tender, 7 to 8 minutes.
- Mix in nutmeg and season with coarse salt and pepper.
- Cook noodles in medium pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- Drain; arrange noodles in single layer on sheet of plastic wrap.
- Brush 13 x 9 x 2-inch glass baking dish with oil to coat.
- Spread 3 tablespoons béchamel sauce thinly over bottom of dish. Arrange 3 noodles in dish to cover bottom (2 side by side lengthwise, then 1 crosswise).
- Spread half of chard mixture over pasta, then half of mushrooms. Drop half of ricotta over in dollops and spread in even layer.
- Sprinkle with half of Fontina, then 4 tablespoons Parmesan; spread 3/4 cup béchamel over. Repeat layering with 3 noodles, remaining chard, mushrooms, ricotta, Fontina, Parmesan, and 3/4 cup béchamel. Cover with 3 noodles and remaining béchamel. DO AHEAD: Can be made 2 hours ahead. Cover with foil.
- Let stand at room temperature.
- Preheat oven to 400°F.
- Bake lasagna covered 30 minutes. Uncover and bake until heated through and top is golden brown, 20 to 30 minutes longer.
- Let stand 15 minutes before serving.

Nutrition Facts

 PROTEIN **14.66%**  FAT **30.37%**  CARBS **54.97%**

Properties

Glycemic Index:46, Glycemic Load:71.33, Inflammation Score:-10, Nutrition Score:43.91173889326%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg

Nutrients (% of daily need)

Calories: 1323.61kcal (66.18%), Fat: 44.56g (68.55%), Saturated Fat: 19.35g (120.96%), Carbohydrates: 181.44g (60.48%), Net Carbohydrates: 172.5g (62.73%), Sugar: 12.87g (14.3%), Cholesterol: 91.89mg (30.63%), Sodium: 694.22mg (30.18%), Alcohol: 0g (100%), Protein: 48.39g (96.78%), Vitamin K: 481.76µg (458.81%), Selenium: 170.89µg (244.13%), Manganese: 2.42mg (121.12%), Vitamin A: 4379.45IU (87.59%), Phosphorus: 806.31mg (80.63%), Copper: 1.07mg (53.3%), Calcium: 482.29mg (48.23%), Magnesium: 192.48mg (48.12%), Vitamin B2: 0.77mg (45.31%), Zinc: 6.05mg (40.36%), Fiber: 8.94g (35.74%), Potassium: 1209.3mg (34.55%), Vitamin B3: 6.59mg (32.96%), Vitamin B6: 0.58mg (28.99%), Iron: 4.76mg (26.44%), Vitamin E: 3.8mg (25.35%), Vitamin B1: 0.38mg (25.2%), Vitamin B5: 2.49mg (24.89%), Vitamin C: 19.46mg (23.59%), Folate: 82.63µg (20.66%), Vitamin B12: 1.15µg (19.17%), Vitamin D: 1.33µg (8.89%)