



The Sardinian Cookbook

READY IN



180 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cup basil leaves plus more for garnish, optional)
- ☐ 2 large eggs
- ☐ 8 tablespoon olive oil extra virgin divided ()
- ☐ 1.8 cup flour all-purpose divided ()
- ☐ 4 servings kosher salt as needed for seasoning ()
- ☐ 1 tablespoon pinenuts toasted
- ☐ 4 servings sea salt as needed for seasoning ()
- ☐ 3 cup skim 1%
- ☐ 4 servings water cold as needed

- ☐ 4 servings pepper white as needed for seasoning ()

Equipment

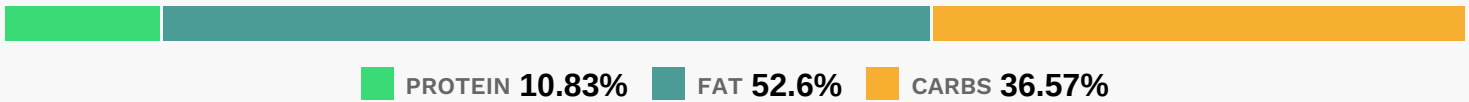
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Combine the 1 ½ cups flour, eggs, and a pinch of salt in a large bowl. Stir with a fork, adding a little cold water, as necessary. When the dough comes together, take it out of the bowl and knead it on a clean working surface for at least 10 minutes. The dough should be smooth and elastic. Wrap the dough in plastic wrap and refrigerate for at least 20 minutes. (The dough can be made 1 day ahead and refrigerated overnight.)
- ☐ Roll out the dough to 1/16-inch thickness.
- ☐ Cut it into twelve 7-inch by 3 ½-inch wide strips. Set aside. To make the Pesto: In the bowl of a food processor, combine basil leaves, pine nuts, 3 tablespoons olive oil. Process thoroughly. Adjust the seasoning to taste. Use immediately or refrigerate. To make the Béchamel Sauce: In a large saucepan, warm the oil over medium heat. Slowly add the remaining ¼ cup flour, whisking to break up any lumps. Cook for 4 to 5 minutes, whisking constantly. In the meantime, in a small saucepan, warm the milk.
- ☐ Add the milk slowly to the flour and oil mixture, 1 ladle at a time, whisking constantly to combine. Continue cooking for 6 to 7 minutes, whisking constantly, until the Béchamel Sauce starts to thicken. Season with the salt and white pepper to taste. Set aside to cool. (The Béchamel Sauce can be made several hours ahead and refrigerated until ready to use.) To assemble the Lasagne: Preheat the oven to 375°F. In a 9 × 12-inch baking dish, spread a fifth of the Béchamel Sauce evenly across the bottom of the dish. Line the bottom of the dish with 3 pasta sheets. Crumble a third of the tuna on top of the pasta.

- ☐
- Sprinkle the tuna with a third of the fresh pesto and evenly spread on top another fifth of the Béchamel Sauce. Continue the layering process. Finish the top layer with the last fifth of the Béchamel Sauce.
- ☐
- Bake for 1 hour, or until the top is golden brown.
- ☐
- Remove from the oven.
- ☐
- Garnish with sliced basil leaves (optional).
- ☐
- Serve hot in the baking dish.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:30.34, Inflammation Score:-8, Nutrition Score:25.810869341311%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 587.98kcal (29.4%), Fat: 34.51g (53.09%), Saturated Fat: 5.89g (36.84%), Carbohydrates: 53.96g (17.99%), Net Carbohydrates: 51.16g (18.6%), Sugar: 9.2g (10.23%), Cholesterol: 101.85mg (33.95%), Sodium: 312.92mg (13.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Vitamin K: 99.54µg (94.8%), Manganese: 0.95mg (47.42%), Selenium: 30.11µg (43.01%), Vitamin B2: 0.66mg (38.79%), Vitamin B1: 0.56mg (37.17%), Vitamin E: 4.92mg (32.82%), Folate: 131.03µg (32.76%), Phosphorus: 320.33mg (32.03%), Calcium: 306.25mg (30.63%), Vitamin A: 1449.16IU (28.98%), Iron: 4.5mg (24.98%), Vitamin B12: 1.3µg (21.7%), Vitamin B3: 3.77mg (18.85%), Vitamin D: 2.45µg (16.31%), Magnesium: 60.94mg (15.23%), Copper: 0.26mg (13.17%), Vitamin B5: 1.32mg (13.16%), Potassium: 456.85mg (13.05%), Zinc: 1.85mg (12.31%), Fiber: 2.81g (11.22%), Vitamin B6: 0.22mg (10.77%), Vitamin C: 3.7mg (4.49%)