



Truffled Wild Mushroom Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon pepper black divided
- ☐ 2 tablespoons butter
- ☐ 1.5 pounds cremini mushrooms divided sliced
- ☐ 2 cups ricotta cheese fat-free
- ☐ 3.5 tablespoons flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 8 garlic cloves thinly sliced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 8 ounces precooked lasagna noodles
- ☐ 2 cups leek thinly sliced
- ☐ 1 tablespoon lemon rind grated
- ☐ 2.5 cups milk 1% low-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 4 ounces parmesan cheese fresh grated
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.4 teaspoon salt divided
- ☐ 1 pound shiitake mushroom caps sliced
- ☐ 3 tablespoons truffle oil white
- ☐ 0.7 cup côtes du Rhône fruity red
- ☐ 0.7 cup côtes du Rhône fruity

Equipment

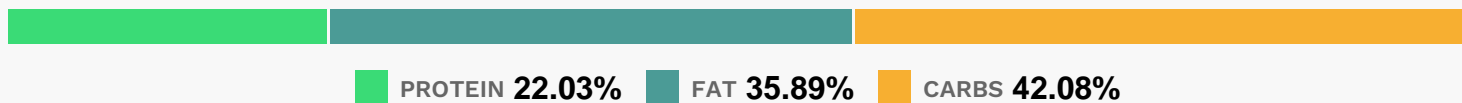
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium-high heat.

- ☐ Add leek, garlic, and 1/4 teaspoon salt; saut 2 minutes.
- ☐ Add 4 cups cremini mushrooms and shiitake mushrooms; saut 10 minutes or until mushrooms release moisture and begin to brown. Stir in wine; cook 3 minutes or until liquid almost evaporates, stirring frequently.
- ☐ Remove from heat; stir in thyme, oregano, sage, truffle oil, and 1/2 teaspoon pepper.
- ☐ Combine milk and bay leaf in a heavy saucepan; cook over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat; cover and let stand 10 minutes. Strain mixture through a sieve into a bowl; discard bay leaf. Set aside.
- ☐ Melt butter in saucepan over medium heat.
- ☐ Add remaining 3 cups cremini mushrooms; saut 4 minutes or until tender.
- ☐ Add flour, stirring with a whisk until blended. Cook 1 minute, stirring constantly; gradually add milk. Bring to a boil; reduce heat, and simmer 8 minutes or until thick. Stir in remaining 1/8 teaspoon salt, 1/4 teaspoon pepper, and nutmeg.
- ☐ Preheat oven to 35
- ☐ Combine ricotta, parsley, lemon rind, and remaining 1/4 teaspoon black pepper in a bowl.
- ☐ Spread 1/2 cup milk mixture in bottom of an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Arrange 3 noodles over sauce; top with 2 cups mushroom mixture.
- ☐ Sprinkle with 1/4 cup mozzarella and 1/4 cup Parmesan. Arrange 3 noodles over cheese. Top with 1 cup ricotta mixture. Repeat layers once with 3 noodles, 2 cups mushroom mixture, 1/4 cup mozzarella, 1/4 cup Parmesan, 3 noodles, and 1 cup ricotta (dish will be very full); spread remaining sauce over top. Cover with foil; place baking dish on a baking sheet.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove from oven; increase oven temperature to 45
- ☐ Uncover the lasagna, and sprinkle with remaining 1/2 cup mozzarella and remaining 1/2 cup Parmesan; bake an additional 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:12.49, Inflammation Score:-9, Nutrition Score:29.548261061959%

Flavonoids

Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 438.1kcal (21.9%), Fat: 17.48g (26.89%), Saturated Fat: 7.1g (44.38%), Carbohydrates: 46.13g (15.38%), Net Carbohydrates: 42.08g (15.3%), Sugar: 10.46g (11.62%), Cholesterol: 39.76mg (13.25%), Sodium: 558.17mg (24.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.28%), Copper: 2.93mg (146.32%), Selenium: 51.89µg (74.12%), Calcium: 535.73mg (53.57%), Vitamin K: 50.59µg (48.18%), Phosphorus: 479.65mg (47.97%), Vitamin B2: 0.79mg (46.4%), Manganese: 0.86mg (42.76%), Vitamin B3: 6.43mg (32.15%), Vitamin B5: 2.68mg (26.8%), Potassium: 846.82mg (24.19%), Vitamin B6: 0.47mg (23.56%), Zinc: 3.18mg (21.19%), Vitamin A: 994.78IU (19.9%), Magnesium: 66.05mg (16.51%), Fiber: 4.04g (16.17%), Folate: 62.83µg (15.71%), Vitamin B1: 0.22mg (14.43%), Vitamin B12: 0.83µg (13.79%), Iron: 2.42mg (13.44%), Vitamin C: 8.49mg (10.29%), Vitamin E: 1.54mg (10.24%), Vitamin D: 1.24µg (8.24%)