

# Veggie Lasagna

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 cup canola oil
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- 1 eggs
- 2 large eggplants
- 1 cup basil leaves fresh
- 1 tablespoon garlic minced
- 2 bell peppers green

- 1 tablespoon penzey's southwest seasoning italian
- 0.5 cup mozzarella cheese grated
- 0.3 cup parmesan grated
- 2 tablespoons freshly parsley leaves chopped
- 3 cups ricotta cheese
- 4 servings salt and pepper black freshly ground
- 0.3 cup walnuts chopped
- 1 baby squash yellow

## Equipment

- food processor
- bowl
- baking sheet
- oven
- plastic wrap
- baking pan
- grill
- aluminum foil
- grill pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F.
- Core and seed the peppers. Put on a sheet tray and roast until the skins are charred, about 2 to 3 minutes on each side.
- Transfer to a bowl and cover with plastic wrap.
- Let sit for 10 minutes then peel off the skin.
- Preheat a grill pan or outdoor grill over medium high heat, and turn the oven down to 350 degrees F.

- Slice the eggplant and squash lengthwise into 1/4-inch thick pieces. Arrange on a bakingsheet and drizzle canola oil and balsamic vinegar over the top. Toss with salt and pepper, to taste. Put on the hot grill and cook for about 2 minutes on each side. Reserve 6 pieces of the grilled eggplant for Round 2 recipe Eggplant
- Rollatini.
- In a small bowl combine the ricotta, egg, Italian seasoning, parsley, salt and pepper, to taste.
- Mix until well blended.
- In a 9 by 9 baking dish put down a single layer of the grilled eggplant and top with 1 of the roasted bell peppers. Season each layer with a bit of salt and pepper.
- Spread 1/3 of ricotta mixture over top.
- Layer another single layer of eggplant followed by 1 piece of the grilled squash. Top with another 1/3 of the ricotta mixture (save remainder for Round 2 "Eggplant
- Rollatini") and a final layer of eggplant and remaining roasted pepper and yellow squash.
- Sprinkle with mozzarella cheese. Cover with aluminum foil and bake for 25 minutes, then remove the foil and bake until heated through and cheese is browned and bubbling, about 10 minutes more.
- Remove from the oven and allow to cool for 10 minutes.
- In the bowl of a food processor pulse together the basil, garlic, walnuts and Parmesan cheese. With the food processor running, slowly drizzle in the oil. Season with salt and pepper, to taste.
- To serve, cut the lasagna into 4 squares.
- Serve topped with a generous spoonful of pesto.

## Nutrition Facts

■ PROTEIN 15.25% ■ FAT 71.52% ■ CARBS 13.23%

### Properties

Glycemic Index:98, Glycemic Load:5.23, Inflammation Score:-9, Nutrition Score:35.379999927852%

### Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin:

4.31mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## **Nutrients (% of daily need)**

Calories: 835.14kcal (41.76%), Fat: 68.09g (104.75%), Saturated Fat: 21.65g (135.34%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 18.68g (6.79%), Sugar: 12.82g (14.24%), Cholesterol: 151.09mg (50.36%), Sodium: 371.13mg (16.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.33%), Vitamin K: 105.55µg (100.53%), Vitamin C: 65.69mg (79.63%), Calcium: 616.52mg (61.65%), Manganese: 1.15mg (57.5%), Phosphorus: 530.48mg (53.05%), Selenium: 35.64µg (50.92%), Vitamin E: 7.39mg (49.25%), Vitamin B2: 0.67mg (39.46%), Fiber: 9.67g (38.68%), Vitamin A: 1909.8IU (38.2%), Vitamin B6: 0.63mg (31.53%), Potassium: 1078.87mg (30.82%), Folate: 116.77µg (29.19%), Zinc: 3.83mg (25.51%), Magnesium: 95.07mg (23.77%), Copper: 0.46mg (23%), Vitamin B12: 1.12µg (18.74%), Iron: 3mg (16.67%), Vitamin B5: 1.48mg (14.78%), Vitamin B1: 0.22mg (14.47%), Vitamin B3: 2.48mg (12.39%), Vitamin D: 0.68µg (4.53%)