



Veggie Pesto Lasagna

READY IN



110 min.

SERVINGS



10

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce tomato sauce canned
- 28 ounce canned tomatoes crushed canned
- 10 servings basil fresh for garnish
- 2 cloves garlic finely chopped
- 10 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil
- 1 box no-boil lasagna noodles
- 0.3 cup parmesan grated
- 2 cups part-skim mozzarella cheese shredded

- 15 ounce part-skim ricotta cheese
- 7 ounces pesto store-bought
- 1 pinch pepper flakes red
- 16 ounce pkt spinach frozen dry thawed chopped
- 1 pinch sugar
- 0.5 onion yellow finely chopped
- 1 baby squash diced yellow
- 1 zucchini diced

Equipment

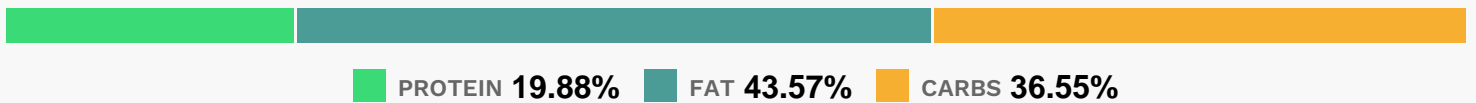
- bowl
- frying pan
- sauce pan
- ladle
- oven
- baking pan
- aluminum foil

Directions

- Preheat the oven to 350 degrees F.
- Heat the olive oil in a large saucepan over medium heat.
- Add the onion and garlic and cook, stirring, until softened, about 4 minutes.
- Add the yellow squash and zucchini and cook, stirring, for 4 to 5 minutes more. Season with salt, pepper and red pepper flakes. Stir in the crushed tomatoes and tomato sauce; bring to a simmer. Cook, stirring occasionally, about 20 minutes.
- Add salt, pepper and a pinch of sugar, if necessary.
- In a large bowl, mix together the ricotta cheese, spinach, pesto and season with pepper.
- Grease the bottom and sides of your lasagna dish with butter.
- Spread a little of the tomato sauce on the bottom of the pan.

- Lay 4 noodles across the bottom of the baking dish, overlapping by 1/2-inch.
- Spread 1/3 of the ricotta and pesto mixture evenly on top.
- Sprinkle with about a 1/2 cup mozzarella cheese. Ladle about 1 cup of sauce on top. Repeat layering in the same order.
- Layer the top layer of noodles and drizzle with the remaining sauce, then sprinkle with the Parmesan and remaining mozzarella. Cover with foil and bake in the center of the oven until the sauce is bubbling around the edges, about 40 minutes. Uncover and bake 5 minutes more.
- Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:35.41, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:25.120434825835%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 377.2kcal (18.86%), Fat: 18.9g (29.08%), Saturated Fat: 6.52g (40.78%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 30.45g (11.07%), Sugar: 8.06g (8.96%), Cholesterol: 42.19mg (14.06%), Sodium: 953.69mg (41.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.82%), Vitamin K: 186.29µg (177.42%), Vitamin A: 6551.28IU (131.03%), Calcium: 455.99mg (45.6%), Manganese: 0.63mg (31.34%), Phosphorus: 276.55mg (27.65%), Folate: 100.45µg (25.11%), Vitamin C: 20.57mg (24.93%), Vitamin E: 3.46mg (23.06%), Vitamin B2: 0.38mg (22.08%), Potassium: 770.67mg (22.02%), Fiber: 5.24g (20.97%), Selenium: 14.54µg (20.78%), Magnesium: 77.76mg (19.44%), Vitamin B6: 0.36mg (17.86%), Iron: 2.91mg (16.19%), Copper: 0.31mg (15.63%), Zinc: 1.97mg (13.14%), Vitamin B1: 0.15mg (9.93%), Vitamin B3: 1.9mg (9.49%), Vitamin B5: 0.61mg (6.12%), Vitamin B12: 0.34µg (5.62%)