



Wild Mushroom-and-Spinach Lasagna with Goat-Cheese Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 tablespoon butter
- ☐ 8 ounce pre button mushrooms
- ☐ 1 ounce porcini mushrooms dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 cups milk fat-free
- ☐ 2 tablespoons flour all-purpose

- ☐ 2 ounces goat cheese crumbled
- ☐ 6 no-boil lasagna noodles (such as Barilla or Vigo)
- ☐ 1 ounce parmesan cheese fresh divided grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 2 cups plum tomatoes chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 7 ounce mushroom caps
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 1.5 cups water boiling

Equipment

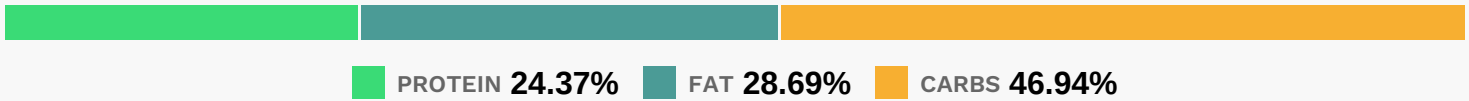
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine the water and porcini in a medium bowl; cover and let stand for 15 minutes.
- ☐ Drain in a sieve over a bowl, reserving 1 cup soaking liquid. Bring the soaking liquid to a boil in small saucepan; reduce heat to medium, and cook until reduced to 1/4 cup (about 5 minutes).
- ☐ Remove the stems from shiitakes; discard stems. Slice shiitake caps.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add porcini, shiitake, and button mushrooms, 1/4 teaspoon salt, thyme, and 1/8 teaspoon pepper; saut 12 minutes or until softened.
- ☐ Add wine; cook 2 minutes or until liquid almost evaporates.

- ☐ Melt the butter in a medium saucepan over medium heat.
- ☐ Add the flour, and cook for 30 seconds, stirring constantly with a whisk. Gradually add 1/4 cup porcini mushroom liquid and milk, stirring with a whisk until blended. Cook until mixture thickens (about 4 minutes).
- ☐ Remove from heat.
- ☐ Add the goat cheese, 2 tablespoons Parmesan, 1/4 teaspoon salt, and 1/8 teaspoon pepper, and stir until cheese melts.
- ☐ Spread 1/2 cup cheese sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over cheese sauce, and top with half of mushroom mixture, half of spinach, 3/4 cup tomato, 1/2 cup cheese sauce, and 1/4 cup mozzarella. Repeat layers, ending with noodles.
- ☐ Spread remaining cheese sauce over noodles.
- ☐ Sprinkle with 1/4 cup mozzarella, 1/2 cup tomato, and 2 tablespoons Parmesan. Cover and bake at 375 for 25 minutes. Uncover and bake an additional 25 minutes.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:83.56, Glycemic Load:6, Inflammation Score:-10, Nutrition Score:36.571304321289%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 390.57kcal (19.53%), Fat: 12.79g (19.68%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 39.86g (14.49%), Sugar: 11.74g (13.04%), Cholesterol: 47.28mg (15.76%), Sodium: 720.08mg (31.31%), Alcohol: 1.54g (100%), Alcohol %: 0.34% (100%), Protein: 24.45g (48.89%), Vitamin K: 275.3µg (262.19%), Vitamin A: 9878.05IU (197.56%), Vitamin B2: 0.89mg (52.44%), Calcium: 505.36mg (50.54%), Phosphorus:

478.42mg (47.84%), Manganese: 0.94mg (47.16%), Copper: 0.92mg (46.22%), Folate: 161.41µg (40.35%), Vitamin B5: 3.82mg (38.18%), Potassium: 1229.74mg (35.14%), Selenium: 23.84µg (34.06%), Vitamin B3: 6.49mg (32.43%), Vitamin B6: 0.61mg (30.46%), Fiber: 7.22g (28.87%), Magnesium: 115.49mg (28.87%), Vitamin C: 21.57mg (26.15%), Zinc: 3.33mg (22.23%), Vitamin E: 2.86mg (19.07%), Vitamin B1: 0.28mg (18.92%), Iron: 2.95mg (16.38%), Vitamin B12: 0.85µg (14.13%), Vitamin D: 1.75µg (11.7%)