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Vegetable Lasagna

Vegetable lasagna is a delicious and nutritious dish that is perfect for vegetarians. It is made with layers of lasagna noodles, a variety of vegetables, and a creamy cheese sauce. This dish is a great way to incorporate more vegetables into your diet and is sure to be a hit with the whole family.

Recipe Type: Vegetarian

Prep Time: 30 mins

Cook Time: 60 mins

Total Time: 90 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

250 g	lasagna noodles
200 g	zucchini
200 g	Yellow Squash
150 g	Red Bell Pepper
100 g	onion

2	garlic
cloves	
2 tbsp	olive oil
200 g	spinach
500 g	ricotta cheese
100 g	parmesan cheese
200 g	mozzarella cheese
500 g	tomato sauce
1 tsp	dried basil
1 tsp	dried oregano
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

Cook the lasagna noodles according to the package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Sautéing

In a large skillet, heat the olive oil over medium heat. Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Sautéing

Add the zucchini, yellow squash, and red bell pepper to the skillet. Cook until the vegetables are tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Sautéing

Stir in the spinach and cook until wilted.

Prep Time: 2 mins

Cook Time: 2 mins

Step 6

Mixing

In a separate bowl, mix together the ricotta cheese, parmesan cheese, dried basil, dried oregano, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Spread a thin layer of tomato sauce on the bottom of a baking dish.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Place a layer of cooked lasagna noodles on top of the tomato sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Spread half of the ricotta cheese mixture on top of the lasagna noodles.

Prep Time: 2 mins

Cook Time: 0 mins

Step 10

Spread half of the cooked vegetables on top of the ricotta cheese mixture.

Prep Time: 2 mins

Cook Time: 0 mins

Step 11

Sprinkle half of the mozzarella cheese on top of the vegetables.

Prep Time: 2 mins

Cook Time: 0 mins

Step 12

Repeat steps 8-11 to create another layer of lasagna noodles, ricotta cheese mixture, vegetables, and mozzarella cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 13

Top the lasagna with a final layer of lasagna noodles and tomato sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 14

Baking

Cover the baking dish with foil and bake for 30 minutes.

Prep Time: 2 mins

Cook Time: 30 mins

Step 15

Baking

Remove the foil and bake for an additional 15 minutes, or until the cheese is melted and bubbly.

Prep Time: 2 mins

Cook Time: 15 mins

Step 16

Resting

Let the lasagna cool for a few minutes before serving.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 280 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	30 mg	3%	3%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Cuisines

Italian Chinese Mediterranean American

Course

Salads Snacks

Cultural

Cinco de Mayo

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Vegetarian Diet Vegan Diet

Meal Type

Lunch Supper

Difficulty Level

Medium

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