

Vegetable Lasagna

This prized recipe for Vegetable Lasagna is a guideline to making it your own with whatever you have in your fridge, freezer and garden. Just cook them before adding them to prevent additional liquid into the lasagna. This method takes a bit of time, but is worth the results.

I make a large quantity of home made Spaghetti Sauce every 6 months. See my recipe at FreshFoodinaFlash.com. There is no comparison between this "nonna style" (Italian grandmother) sauce and the jarred stuff at the supermarket. Make some and keep it in your freezer. This stuff is amazing for the Vegetable Lasagna, spaghetti, pizza and other Italian dishes.

Balsamella (Bechamel) Sauce

3 Tablespoons butter
3 Tablespoons flour
1 cup milk
1 pinch white pepper
½ teaspoon salt
1 pinch nutmeg

Cheese Filling

1 pound ricotta cheese
¼ cup grated Parmesan cheese
1 clove garlic, minced

2 eggs
1 Tablespoon fresh Italian parsley, chopped
¼ teaspoon black pepper

The Rest

12 strips lasagna noodles
8 ounces Mozzarella cheese shredded
1 bunch broccoli florets and stems, cut into small pieces
8 cups chopped spinach or kale
1 quart spaghetti sauce

- 1 Make Balsamella Sauce. Melt butter in a small saucepan over low heat. Mix in flour and continue to stir until it bubbles and the flour granules are coated with the butter. Then add the milk, turn the heat up a little and stir until the mixture thickens. Stir in salt, white pepper and nutmeg. Set aside and it will continue to thicken as it cools.
- 2 Cook lasagne noodles according to package directions. When cooked, remove noodles from the water and spread out on a clean kitchen towel. Add broccoli pieces to the lasagna water and cook for 4 minutes. Drain the broccoli and cool.
- 3 Add oil to a skillet, add spinach/kale and cook for a few minutes until the greens are wilted. Place in a bowl.
- 4 Combine cheese filling ingredients in a small bowl.
- 5 Preheat oven to 350°. Assemble lasagna. Place a small layer of spaghetti sauce in bottom of a 9 x 13 inch pan. Place 3 lasagna noodles over the sauce. Layer ⅓ of cheese filling, ⅓ of Balsamella sauce, ⅓ of broccoli and spinach/kale, ¼ of mozzarella and then spaghetti sauce. Repeat twice more. End up with layer of noodles and spaghetti sauce. Sprinkle top with mozzarella cheese. Cover and bake for one hour.
- 6 Let the Vegetable Lasagna rest for 5 minutes before cutting into squares. Serve the squares with more spaghetti sauce on top.

Servings: 10

Preparation Time: 1 hour

Cooking Time: 1 hour

Total Time: 2 hours

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 321 calories, 154 calories from fat, 17.4g total fat, 89.7mg cholesterol, 1241mg sodium, 583.2mg potassium, 25.4g carbohydrates, 4.7g fiber, 10.8g sugar, 16.2g protein.

Source

Author: Patricia K. Rose, March 2020

