HOME

Perfect for a Sunday Dinner: Vegetarian Nutrient-Rich Lasagna

By bestfolkmedicine · 07/07/2019 · 3 min read



Who doesn't enjoy eating good old homemade lasagna for a pleasant lunch or dinner with family? But, it doesn't have to contain meat to taste amazingly; in fact, there is a delicious vegetarian lasagna recipe we will be sharing with you today.

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Rich in tender veggies and some yummy and rich tomato sauce and cheese goodness, this lasagna definitely delivers! Any skeptics for meatless meals will definitely change their minds after trying this recipe...

This recipe is described as classic veggie lasagna which is the perfect meal for weeknights or holidays. Since the veggies are caramelized, the flavor is so abundant! Healthy for you and pleasant for your senses, believe us, this will become your new favorite recipe.

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Rich in nutrients, flavorful, and rich in various veggies, it is healthy variant of a comfort food!

DIY Vegetable Lasagna Recipe

For 8 servings, these are the ingredients you need:

2 tbsp of virgin olive oil

3 carrots, chopped

1 red bell pepper, chopped

A zucchini, chopped

A yellow onion, chopped

¼ tsp of salt

5 oz. of baby spinach

For the tomato sauce:

A can of diced tomatoes

¼ cup of chopped basil-+ more for garnish

2 tbsp of virgin olive oil

½ tsp of sea salt

¼ tsp of red pepper flakes

Other ingredients:

2 cups of low-fat cottage cheese

Salt

Black pepper

9, no-boil lasagna noodles

8 oz. of part-skim mozzarella

Preparation:

Preheat the oven to 425 degrees Fahrenheit. Then, in a skillet over medium heat, warm up the oil and then add the veggies and salt.

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Cook and stir until the veggies become golden, usually around 8 to 12 minutes. Then, it is time to add the spinach. Cook and stir until it wilts; around 3 minutes. Put the skillet aside.

To prepare the tomato sauce, put the tomatoes in a colander and drain the surplus juice for 60 seconds. Then, put them in a food processor and add the remaining ingredients for it. Pulse it around 10 times to get a spreadable texture. Transfer it in a bowl for later.

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Now, pour a cup of the cottage cheese in the previously cleaned processor and blend it for a minute. Put it in a mixing bowl.

Then, add the cooked veggies to the food processor and pulse around 5 to 7 times. Scrape the mixture into the bowl with the whipped cottage cheese and add the other half of the cheese.

Season with ¼ tsp of salt and a lot of black pepper and mix well.

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To assemble the lasagna, spread half a cup of the tomato sauce over the bottom of a 9 by 9 baking dish. Put 3 lasagna noodles on top and overlap edges if needed. Then, spread half of the cottage cheese mix over and ¾ cup of tomato sauce. Sprinkle half a cup of shredded cheese.

Top off with 3 noodles and the remaining cottage cheese and shredded cheese. Then, 3 more noodles and ¾ cup of tomato sauce and a cup of shredded cheese.

Next, wrap a parchment paper around the top of the lasagna or cover it with aluminum foil without the foil touching the cheese. Bake it like this for 18 minutes and remove the cover. Rotate it by 180

degrees and cook for 10 to 12 minutes more.

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Take it out from the oven and wait for 15 minutes too cool down. Sprinkle basil on top and slice and serve.

Enjoy!

Sources:

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