

Foodnity Recipes

Spring Veg Cheat's Lasagne

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz no-boil lasagne noodles
- [ ] 2 cups fresh carrots, diced
- [ ] 1 cup snow peas, trimmed
- [ ] 1 cup baby zucchini, sliced
- [ ] 1 cup fresh spinach, roughly chopped
- [ ] 2 cups ricotta cheese
- [ ] 1 cup shredded mozzarella
- [ ] 1/2 cup grated Parmesan
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh basil leaves for garnish

Cheese Sauce

- [ ] 1 cup whole milk
- [ ] 2 tbsp flour
- [ ] 2 tbsp butter
- [ ] A pinch of nutmeg

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9×13-inch baking dish.
2. In a large skillet, heat olive oil over medium heat. Add garlic, carrots, and zucchini; sauté 4-5 minutes until they begin to soften.
3. Stir in snow peas and spinach; cook just until the spinach wilts. Season with salt, pepper, and set aside.
4. For the cheese sauce, melt butter in a saucepan, whisk in flour, cook 1 minute, then slowly whisk in milk. Simmer until thickened, then stir in a pinch of nutmeg.
5. In a bowl, combine ricotta with half of the mozzarella and a tablespoon of Parmesan; season lightly.
6. Begin layering: spread a thin layer of cheese sauce on the bottom, place a sheet of noodles, spoon half the ricotta mixture, then half the vegetable mixture. Repeat the layers, ending with noodles, remaining sauce, and the remaining mozzarella and Parmesan.
7. Cover with foil and bake 20 minutes. Remove foil and bake another 15 minutes until the cheese is golden and bubbling.
8. Let rest 10 minutes, garnish with fresh basil, and serve warm.

Nutrition per serving

420 kcal	22 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the lasagne looks dry before the end of baking, add a splash of milk.
- You can substitute half the ricotta with cottage cheese for a lighter texture.
- For extra depth, stir a teaspoon of lemon zest into the cheese sauce.