

Vegetable Lasagna

Lasagnes aux légumes

50 min

Medium

480 kcal per serving

Dinner

Vegetarian



Ingredients

FOR ONE SERVING

Lasagna sheets (<i>Feuilles de lasagne</i>)	200 g
Ricotta (<i>Ricotta</i>)	200 g
Spinach (<i>Épinards</i>)	200 g
Zucchini (<i>Courgette</i>)	2
Tomato sauce (<i>Sauce tomate</i>)	400 ml
Mozzarella (<i>Mozzarella</i>)	150 g

Nutrition facts

PER SERVING

Calories	480
Protein	20 g
Carbohydrates	52 g
Fat	22 g
Fiber	7 g

Preparation

- 1 Preheat the oven to 180°C and lightly oil or line a baking dish if needed.
- 2 Slice the zucchini into thin rounds and cook them in a pan with a small splash of water until just tender.
- 3 Add the spinach to the pan and cook until wilted, then season with salt and pepper.
- 4 In a bowl, mix the ricotta with a little salt and pepper until smooth.
- 5 Spread a thin layer of tomato sauce on the bottom of the dish, then add a layer of lasagna sheets.
- 6 Add some ricotta, zucchini, spinach, more tomato sauce, and a little mozzarella, then repeat the layers until the ingredients are used, finishing with tomato sauce and mozzarella on top.
- 7 Cover with foil and bake for about 30 minutes, then uncover and bake 10 to 15 minutes more until the top is golden and bubbling.

8 Let the lasagna rest for 10 minutes before slicing and serving.

GOOD TO KNOW

If the sauce seems thick, add a small splash of water so the lasagna stays moist while baking.