

Vegetable Lasagna

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-veggie-lasagna-recipe>

Ingredients:

- 3 cups veggies
- carrots
- celery
- broccoli
- cauliflower
- sweet peppers
- kale
- spinach
- zucchini squash
- 1/2 cup chopped onion
- 2 cups marinara sauce
- 16 ounces whole milk ricotta container of
- 1 egg
- 1/2 cup grated Parmesan cheese
- salt
- pepper
- garlic
- 1 package no bake lasagna noodles
- 2 cups shredded mozzarella cheese

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 170 milligrams
4. Fat: 36 grams
5. Fiber: 9 grams
6. Protein: 38 grams
7. SaturatedFat: 20 grams
8. Sodium: 1450 milligrams

9. Sugar: 19 grams

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