

Easy Baked Vegetable Lasagna Primavera

Yield: 8 min
Total Time: 105 min

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

Ingredients:

- 2 tablespoons extra virgin olive oil
- 4 cloves garlic minced
- 2 small zucchinis diced, about 12 ounces
- 1 small onion diced
- 1 large carrot diced
- 4 ounces mushrooms chopped
- 2 teaspoons herb dried Italian seasoning, blend
- 1 1/2 teaspoons salt divided
- freshly ground pepper to taste
- 1/3 cup chopped fresh basil
- 15 ounces part skim ricotta
- 16 ounces frozen spinach thawed and squeezed dry
- 1 large egg
- 25 ounces marinara sauce
- 9 no boil lasagna noodles
- 8 ounces shredded part skim mozzarella
- 2 tablespoons shredded Parmesan cheese

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 50 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1170 milligrams

9. Sugar: 11 grams

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