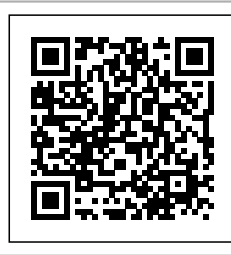


# White Veggie Lasagna



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Recipe by: Laura Vitale

Serves 8-10

**Prep Time: 20 minutes**

**Cook Time: 1 hours 15 minutes**

## Ingredients

### For the Veggie Mixture:

- \_\_ 2 Tbsp of Olive Oil
- \_\_ 1 or 2 Shallots, thinly sliced
- \_\_ 1 Medium Zucchini (or a handful of mini ones), diced
- \_\_ 1/2 Bunch of Asparagus, about half a pound, trimmed and cut into 1 inch pieces
- \_\_ 10 oz Box of Frozen Shopped Spinach, thawed and squeezed of any liquid
- \_\_ 1/2 cup of Fresh or Frozen Peas
- \_\_ Fresh Chopped Parsley and Basil
- \_\_ Salt, to taste

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### For the Bhamel:

- \_\_ 8 Tbsp of Unsalted butter
- \_\_ 8 Tbsp of Flour
- \_\_ 4 Cups of Milk
- \_\_ Salt and Pepper to taste
- \_\_ Pinch of Nutmeg

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### Additional Ingredients:

- \_\_ 9oz of No Boil Lasagna Noodles
- \_\_ 2.5 cups of Whole Milk Ricotta
- \_\_ 1 Egg
- \_\_ 3 cups of Freshly Grated Mozzarella
- \_\_ Lots of Grated Parm

1) Preheat your oven to 375 degrees, grease a 9x13 inch casserole dish and set aside.

2) Make the filling. In a large skillet add the olive oil and shallots, saute a couple minutes then add the zucchini and asparagus, season with a pinch of salt and saute for about 5 minutes, add the peas and cook 2 more minutes. Add in the spinach and herbs along with a pinch of salt, mix it all together and remove from the heat.

3) Next up is to make the bechamel. In a saucepan, melt the butter over medium heat, whisk in the flour, cook for 1 minute then add the milk, season with salt and pepper and cook while constantly whisking until thickened, about 5 minutes, season with the nutmeg and set aside.

4) Mix the ricotta with the egg, season with salt and pepper and set aside.

