

Cheesy, Creamy, and Loaded with Flavor: Spinach and Mushroom Lasagna Recipe

rich, creamy, and utterly satisfying lasagna



OVEN
375°F

TIME
20 mins

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Lasagna Layers:

12 lasagna noodles, cooked according to package instructions

2 tablespoons olive oil

3 cups mushrooms, sliced (button, cremini, or portobello)

3 cups fresh spinach, chopped

3 cloves garlic, minced

Salt and pepper, to taste

For the Creamy Bøchamel Sauce:

4 tablespoons unsalted butter

... cup all-purpose flour

3 cups milk (warm)

$\frac{1}{8}$ teaspoon nutmeg (optional, but adds great flavor)

$\frac{1}{8}$ teaspoon salt

$\frac{1}{8}$ teaspoon black pepper

For the Cheese Layer:

1 $\frac{1}{2}$ cups ricotta cheese

1 cup grated Parmesan cheese

2 cups shredded mozzarella cheese

How to Make Creamy Spinach and Mushroom Lasagna:

1. Cook the Mushrooms and Spinach:

Heat olive oil in a large skillet over medium heat.

Add the sliced mushrooms and cook for about 5-7 minutes, until they release their moisture and

start to brown.

Stir in the garlic and spinach and cook for another 2-3 minutes, until the spinach is wilted. Season with salt and pepper, then remove from heat and set aside.

2. Make the Bøchamel Sauce:

In a saucepan, melt butter over medium heat.

Whisk in the flour and cook for about 1-2 minutes, until it turns slightly golden.

Slowly pour in the warm milk, whisking constantly to prevent lumps.

Stir in nutmeg, salt, and black pepper, and let the sauce simmer until thickened (about 5 minutes). Remove from heat.

3. Prepare the Cheese Mixture:

In a bowl, mix ricotta, Parmesan, and 1 cup of mozzarella. This will add layers of creamy, cheesy goodness to the lasagna.

4. Assemble the Lasagna:

Preheat your oven to 375°F (190°C).

Spread a thin layer of bøchamel sauce on the bottom of a 9x13-inch baking dish.

Layer 3 cooked lasagna noodles over the sauce.

Spread some ricotta mixture, followed by a layer of mushroom and spinach mixture, and a drizzle of bøchamel sauce.

DIRECTIONS

1. Cook the Mushrooms and Spinach: Heat olive oil in a large skillet over medium heat.
2. Add the sliced mushrooms and cook for about 5-7 minutes, until they release their moisture and start to brown.
3. Stir in the garlic and spinach and cook for another 2-3 minutes, until the spinach is wilted. Season with salt and pepper, then remove from heat and set aside.
4. Make the Bøchamel Sauce: In a saucepan, melt butter over medium heat.
5. Whisk in the flour and cook for about 1-2 minutes, until it turns slightly golden.
6. Slowly pour in the warm milk, whisking constantly to prevent lumps.
7. Stir in nutmeg, salt, and black pepper, and let the sauce simmer until thickened (about 5 minutes). Remove from heat.
8. Prepare the Cheese Mixture: In a bowl, mix ricotta, Parmesan, and 1 cup of mozzarella. This will add layers of creamy, cheesy goodness to the lasagna.
9. Assemble the Lasagna: Preheat your oven to 375°F (190°C).
10. Spread a thin layer of bøchamel sauce on the bottom of a 9x13-inch baking dish.
11. Layer 3 cooked lasagna noodles over the sauce.
12. Spread some ricotta mixture, followed by a layer of mushroom and spinach mixture, and a drizzle of bøchamel sauce.
13. Repeat the layers until all ingredients are used, finishing with a layer of noodles topped with bøchamel and remaining mozzarella cheese.

14. Bake Until Golden and Bubbly: Cover with foil and bake for 25 minutes.
15. Remove the foil and bake for an additional 10-15 minutes, until the top is golden and bubbly.
16. Let the lasagna rest for 10 minutes before slicing and serving.
17. Pro Tips & Variations: ? Want a crispy, cheesy top? Broil for the last 2-3 minutes to get a golden crust.
18. ? Make it extra rich - Add 1 cup of heavy cream to the béchamel for a more decadent sauce.
19. ? Add more veggies - Zucchini, bell peppers, or even roasted eggplant make great additions.
20. ? Make it ahead - Assemble the lasagna, cover, and refrigerate for up to 24 hours before baking.
21. ? Gluten-free option - Use gluten-free lasagna noodles and swap flour for gluten-free all-purpose flour in the béchamel.
22. What to Serve with Creamy Spinach and Mushroom Lasagna: This lasagna is a complete meal on its own, but it pairs well with:
23. Garlic : Bread - Perfect for soaking up the extra creamy sauce.
24. A Fresh : Side Salad - A simple arugula or Caesar salad adds a fresh contrast to the rich lasagna.
25. A Glass of : White Wine - A crisp Pinot Grigio or Chardonnay balances the creamy flavors beautifully.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cheesy-creamy-and-loaded-with-flavor-spinach-and-mushroom-lasagna-recipe/>