

Creamy Spinach and Mushroom Lasagna: A Vegetarian Comfort Food Masterpiece

Creamy Spinach and Mushroom Lasagna



OVEN
375°F

TIME
8-10 min

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SAVE
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INGREDIENTS

1 tablespoon olive oil
2 lbs cremini mushrooms, sliced
1 large yellow onion, chopped
4 cloves garlic, minced
10 oz fresh spinach
15 lasagna noodles, no-boil or regular (see notes)
15 oz ricotta cheese
1 large egg
1/2 cup grated Parmesan cheese, plus more for topping
1/2 teaspoon salt, plus more for seasoning
1/4 teaspoon black pepper, plus more for seasoning
For the Bøchamel Sauce: 1/2 cup (1 stick) unsalted butter
1/2 cup all-purpose flour
4 cups milk (whole milk recommended for richness)
1/2 teaspoon nutmeg
1/2 teaspoon salt
1/4 teaspoon white pepper
8 oz shredded mozzarella cheese

DIRECTIONS

- 1.** Prep : Oven & SautØ Vegetables: Preheat your oven to 375°F (190°C). Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Add the sliced mushrooms and cook, stirring occasionally, until deeply browned and much of their liquid has evaporated, about 8-10 minutes. Add the chopped onion and cook until softened, about 5 minutes. Stir in the minced garlic and cook for another minute until fragrant. Add the fresh spinach, a handful at a time, stirring until it wilts completely. Season with salt and pepper to taste. Remove from heat and set aside.
- 2.** Make the : Ricotta Mixture: In a medium bowl, combine the ricotta cheese, egg, 1/2 cup grated Parmesan cheese, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Mix until well combined.
- 3.** Prepare the Bøchamel Sauce: In a separate medium saucepan, melt the butter over medium heat. Whisk in the all-purpose flour and cook, stirring constantly, for 1-2 minutes to create a roux. Gradually whisk in the milk, a little at a time, making sure there are no lumps. Continue whisking until the sauce thickens and comes to a gentle simmer, about 5-7 minutes. Stir in the nutmeg, salt, and white pepper. Remove from heat.
- 4.** Assemble the : Lasagna: Spread a thin layer of bøchamel sauce on the bottom of a 9x13-inch baking dish. Place 3-4 lasagna noodles over the sauce (break them if necessary to fit).
- 5.** Spread half of the ricotta mixture over the noodles.
- 6.** Top with half of the sautØed spinach and mushroom mixture.
- 7.** Drizzle with about 1/3 of the remaining bøchamel sauce.

8. Sprinkle with 1/3 of the shredded mozzarella cheese.
9. Repeat the layers: noodles, remaining ricotta, remaining spinach and mushroom mixture, another 1/3 of the béchamel, and another 1/3 of the mozzarella.
10. Finish with a final layer of noodles, the remaining béchamel sauce, and the last of the mozzarella cheese. Sprinkle with extra Parmesan if desired.
11. Bake the : Lasagna: Cover the baking dish tightly with aluminum foil. Bake for 25 minutes.
12. Uncover & : Finish Baking: Remove the foil and continue baking for another 20-25 minutes, or until the top is golden brown and bubbly, and the noodles are tender.
13. Rest & : Serve: Remove the lasagna from the oven and let it rest for at least 15 minutes before slicing and serving. This allows the layers to set and prevents it from falling apart.

SWAPS & NOTES

For an extra earthy kick, consider adding a handful of dried porcini mushrooms rehydrated and chopped.

Spinach: Fresh spinach is best here; frozen spinach can be

used, but make sure to thaw it and squeeze out all excess water before adding.

Lasagna Noodles: I often use no-boil lasagna noodles for convenience, but traditional lasagna noodles that require pre-boiling work perfectly fine too.

Just cook them al dente according to package directions before layering.

TIPS FOR SUCCESS

Don't Rush the Mushrooms: Browning the mushrooms thoroughly is crucial for developing their deep, umami flavor.

Don't overcrowd the pan; cook them in batches if necessary.

Smooth B chamel: Whisk constantly when adding the milk to your roux to prevent lumps.

If you do get lumps, a quick whisk with an immersion blender can smooth it out.

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

Original recipe: <https://chefmaniac.com/creamy-spinach-and-mushroom-lasagna-a-vegetarian-comfort-food-masterpiece/>