

Food Therapy

Host, Lynn Ogryzlo



Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Summer Harvest Lasagna

2 onions, diced
1 medium carrot, diced
2 stalks celery, diced
2 tbsp grapeseed oil
3 garlic cloves, minced
2 ½ cups tomatoes, crushed
12 fresh basil leaves, torn
1 bunch fresh asparagus, cleaned and trimmed
1 sweet potato, sliced thin
1 shallot, diced
2 tbsp grapeseed oil
1 cup cremini mushroom, cleaned and sliced
2 cups fresh spinach
10 or more sheets fresh lasagna noodles
1 zucchini, sliced thin
1 cup mozzarella cheese, shredded
2 tbsp butter
2 tbsp all-purpose flour
1 ½ cups whole milk
pinch ground nutmeg
salt and pepper, to taste

To make the tomato sauce, place the diced onion, carrot and celery in a 2 L saucepan with grapeseed oil. Cook on medium heat until vegetables are softened. Add the minced garlic and sauté for another minute. Add the crushed tomatoes, basil sprigs, season well and simmer on low heat until other ingredients are prepared or for 20 to 40 minutes.

Place a 2 L pot of water over high heat and bring to a boil. Reduce the heat to medium, season with salt and when simmering, add the asparagus. Cook for 2 minutes or just until the color turns bright green. Immediately remove the asparagus and set aside to cool. Then do the same with the sliced sweet potato.

Warm a skillet over medium heat. Add 2 tbsp of grapeseed oil, diced shallots and sliced mushrooms. Season and cook until the mushrooms are golden in color, about 7 to 8 minutes. Set aside to cool.

In another skillet over medium heat, add the spinach, a dash of water and pinch of salt. Cover and steam the spinach for 2 minutes or until wilted. Remove from the heat and drain excess water. Place on a paper towel to absorb remaining water and set aside to cool.



Recipe + photograph courtesy of Chef Pam Fanjoy, MSW, RSW
Episode: Eating Disorder Therapy with guest, Chef Pam Fanjoy

Email Lynn with questions or comments at
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Serves 4-6

Prep Time: 30 minutes

Cooking Time: 40 minutes

Freezes well for up to two months

Melt butter in a small saucepan on low heat. Add the flour and stir with a wooden spoon for two minutes to cook the flour being careful not to let it burn. Slowly whisk in the milk until it is all incorporated and the sauce is smooth. Grate in nutmeg and season to taste. Set aside.

To assemble the lasagna, spoon tomato sauce in the bottom of a 9" square pan and shake the pan to coat the bottom of the pan. Top with a layer of lasagna noodles and layer the following evenly and in order. More sauce, thin zucchini strips, lasagna noodles, tomato sauce, asparagus stalks, lasagna noodles, bachel sauce, wilted spinach, mushrooms and shallots, lasagna noodles, sweet potato slices, more lasagna noodles, more tomato sauce and top with shredded mozzarella cheese.

Bake in the preheated 350F oven for 30-40 minutes. Let rest for 10 minutes before cutting to serve.

Because What You Eat Matters!