



Wellnessleuth **Recipes**

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delicious food

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SPINACH & BROCCOLI LASAGNA

INGREDIENTS:

- 2 tablespoon *Butter*
- 3 tablespoon *Flour*
- 3 Cup *Milk (alternative - unsweetened coconut milk)*
- *Salt and black pepper, to taste*
- ¼ teaspoon *Nutmeg, freshly grated preferred*
- 20 oz. *Fresh Baby Spinach, chopped*
- 2 tablespoon *Extra Virgin Olive Oil*
- 10 oz. *Broccoli, cut into pieces, and florets*
- 12 *Oven-Ready Lasagna Noodles, such as Barilla*
- 1 cup *Ricotta Cheese*
- 2 cups *Shredded Mozzarella Cheese*
- ½ Cup *Freshly Grated Parmesan Cheese*

DIRECTIONS

- *Directions:*
- - *Preheat the oven to 400°F.*
- - *Melt butter in a large saucepan over medium heat. Sprinkle with flour and whisk it into the butter until it is smooth. Continue stirring and cook for 5-7 minutes or until the roux turns a light golden color.*
- - *Turn up the heat to medium-high and slowly add milk while whisking it until it thickens and combines. Then, gently simmer over medium-low heat for 10-20 minutes until the raw flour taste has disappeared and you have a smooth sauce at the desired thickness.*
- - *Add salt, pepper and nutmeg to taste.*
- - *In a large skillet, heat olive oil. Add spinach and cook until wilted. Do not overcook. Remove from heat and set aside.*



DIRECTION: CONTINUED

- - *Meanwhile, put (slightly salted) water in a pot on the stove to boil. When it boils, add broccoli. Cook for 2-3 minutes until just tender-crisp. Do not overcook. Drain broccoli in a colander and add to a large mixing bowl.*
- - *Cut the broccoli into chunks. Add the spinach and stir to combine. Season with salt and pepper to taste.*
- - *Put a light layer of bechamel sauce on the bottom of a 9x13" casserole dish.*
- - *Next, add a layer of the spinach-broccoli mixture. Then, add three lasagna noodles.*
- - *Top the noodles with a layer of bechamel sauce, spinach-broccoli mixture, ricotta, and mozzarella. Add 3 more noodles and repeat the layers. Finish with mozzarella.*
- *Bake for 20 minutes. Serve with a fresh green salad and freshly grated Parmesan cheese. Enjoy!*



GRILLED
POLENTA
CROSTINI

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)