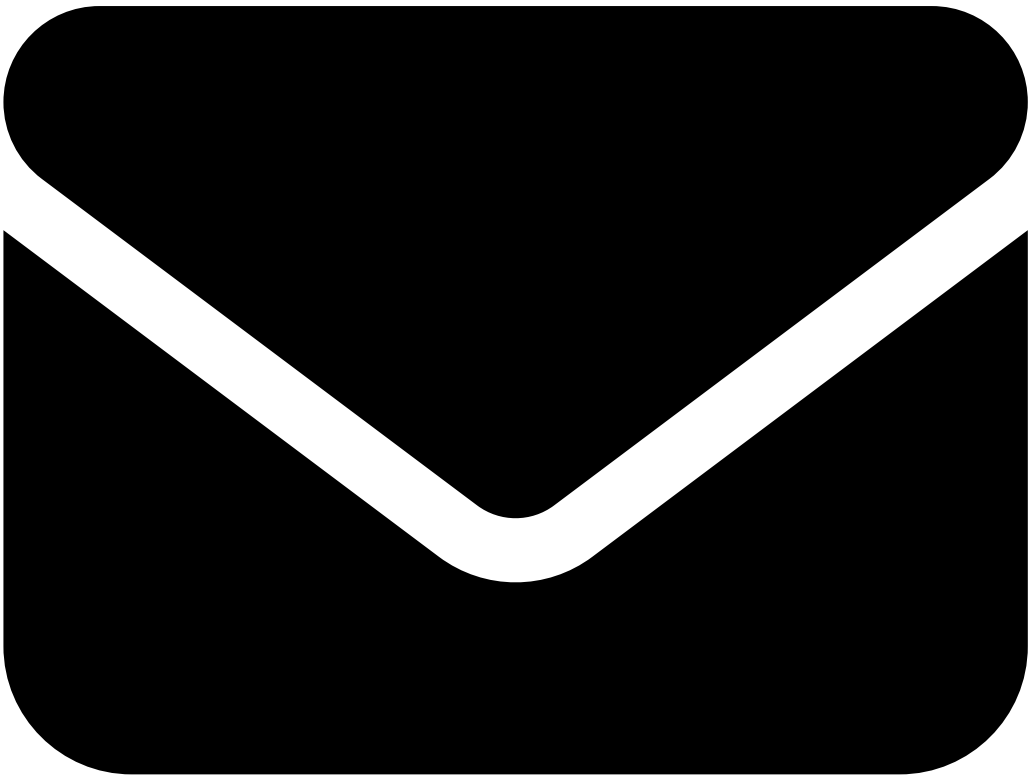
Asparagus, Prosciutto & Lemon Béchamel Lasagna

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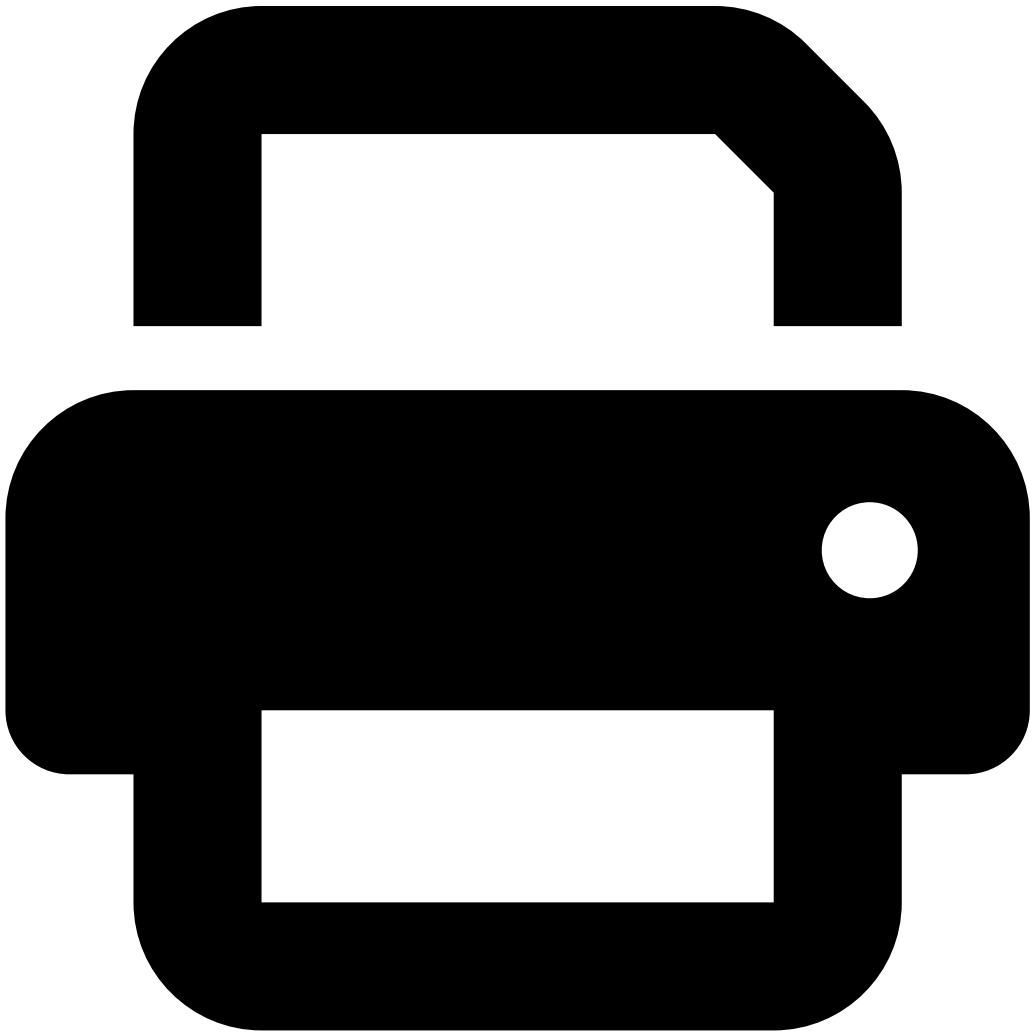









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There’s something about spring that makes me want to put away the heavy red sauce and cook a little lighter—but not boring. This asparagus lasagna is exactly that. Layers of tender pasta, a silky lemon béchamel, and a ricotta filling that actually holds its shape when you slice into it.

I used store-bought lasagna noodles that needed to be boiled first, and honestly, it’s worth the extra step. You get better texture, cleaner layers, and a more traditional feel than the no-boil kind.

It’s the kind of dish that feels like it came out of a small kitchen somewhere in Northern Italy—simple, seasonal, and just indulgent enough. And yes, it’s a showstopper, but it’s also one of those recipes you’ll realize is way easier than it looks.

Things to know about this Asparagus, Prosciutto & Lemon Béchamel Lasagna

- **Use the right noodles**
  I used classic store-bought lasagna sheets that require boiling. Cook them just to al dente—they'll finish in the oven and give you the best texture. And the right size pan
- **Blanch your asparagus**
  This keeps it bright green and prevents excess water from ruining your layers.
- **Dry everything well**
  Moisture is the enemy of a clean slice.
- **Your béchamel matters**
  It should be smooth and pourable—not thick like paste.
- **The ricotta mixture is key**
  Adding egg + Parmigiano-Reggiano + parsley gives you structure and that bakery-style finish.
- **Don't over-layer**
  Thin, even layers = better texture and cleaner cuts.
- **Let it rest**
  15–20 minutes makes all the difference between messy and perfect.
- If you love recipes like this that feel a little elevated but are still completely doable at home, you'll want to try my Italian Sunday Sauce with meatballs and my Italian Meatloaf with roasted potatoes—both are staples that instantly upgrade simple ingredients.

Asparagus, Prosciutto, & Lemon Béchamel Lasagna



Creamy asparagus lasagna made with silky lemon béchamel, pancetta, and layers of tender pasta—no red sauce, just a rich, spring-inspired twist on classic comfort food.

- 4 Tbsp. butter (for the Béchamel sauce)
- 4 Tbsp. flour (for the Béchamel sauce)
- 3 cups milk (warmed for the Béchamel sauce)
- 1 Tbsp. lemon zest (for the Béchamel sauce)
- Salt and pepper (to taste)
- 9 lasagna Sheets (Store bought or homemade)
- 1 bunch asparagus (For the filling)
- 4 oz. prosciutto (For the filling)
- 2 cups ricotta (For the filling)
- 1 egg (For the filling)
- 1/2 cup Grated parmesan cheese (For the filling)
- 2 Tbsp. chopped Italian parsley (For the filling)

1. 1. Par boil the lasagna noodles . Let dry on tea towels
2. **2. Prep the asparagus** Blanch in salted water for 2–3 minutes → transfer to ice water → drain *very* well and pat dry. Cut into 2-inch pieces.
3. **3. Cook the proscuitto** Render in a pan until crispy. Remove and set aside.

4. **3. Make the béchamel**

   Should be silky and pourable—not thick and heavy

   Melt butter, whisk in flour (1–2 minutes, no browning)Slowly whisk in warm milk. Simmer until smooth and coats the back of a spoon Stir in salt, pepper, and lemon zest.

5. **4. Make the ricotta layer** In a bowl, mix:

   Ricotta1 egg Grated Parmigiano-Chopped parsley Pinch of salt + pepper

6. **5. Assemble**

   Layer in this order:

   Thin layer of béchamel

   Lasagna sheets

   Béchamel

   Ricotta mixture (spread lightly)

   Asparagus + pancetta

   Repeat layers 2–3 times.

   Finish with Lasagna noodle béchamel + extra parmesan cheese

7. **6. Bake** 375°F for 1 hour or until golden on top and bubbling at the edges

8. **7. Rest (don’t skip)** Let sit 15–20 minutes before slicing

   This is the difference between:

   messy scoop to clean, *perfect* slices

Main Course
Italian
Italian asapargus, lasagna