

Spinach and Mushroom Lasagna with Béchamel Sauce

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There's something so comforting about a bubbling pan of lasagna fresh out of the oven – those golden edges, the creamy layers, and the aroma that fills the kitchen. This Spinach and Mushroom Lasagna with Béchamel Sauce is one of those dishes that feels special, yet it's surprisingly simple to make.

Instead of spending hours making fresh pasta sheets, I take a little help from the store and use ready-made lasagna noodles. Whether you use oven-ready or the traditional kind that needs a quick boil, they both make this recipe quick and effortless without sacrificing that homemade taste. The real magic happens in the layering – a silky béchamel sauce, savory mushrooms, tender spinach, and plenty of gooey mozzarella and Parmesan come together in perfect harmony.

It's a vegetarian lasagna that's creamy, hearty, and satisfying enough to please everyone at the table. Perfect for a cozy Sunday dinner, make-ahead meal, or even a holiday side – this is the kind of recipe that proves delicious doesn't have to mean complicated.

Things to know about this Spinach and Mushroom Lasagna with Béchamel

Sauce

- **Wetting the noodles:** If you're using oven-ready noodles, dip them briefly in warm chicken stock before layering. This adds extra flavor and ensures the noodles soften perfectly in the oven without drying out. (Vegetable stock works great, too, for a fully vegetarian version.)
- **Béchamel consistency:** The sauce should be thick enough to coat the back of a spoon but still pourable – if it's too thick, whisk in a splash of warm milk.
- **Layering tip:** Start and finish with béchamel – it keeps the noodles moist and prevents the edges from getting too crispy.
- **Add extra veggies:** Try mixing in sautéed zucchini, roasted red peppers, or even a handful of chopped artichokes for extra color and flavor.
- **Make ahead:** Assemble the lasagna a day in advance and refrigerate. When ready to bake, let it sit at room temperature for 30 minutes before going in the oven.
- **Freezes beautifully:** Slice leftovers and freeze individually for easy weeknight reheating.

• Craving More Cozy Italian Comfort?

If you loved this creamy Spinach and Mushroom Lasagna with Béchamel Sauce, be sure to try my Sausage Stuffed Shells with Béchamel Sauce or Italian sausage and potatoes stove top recipe Both are rich, flavorful, and perfect for easy weeknight dinners or relaxed weekend meals.





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Béchamel Sauce

Ready in: 1 hour 15 minutes

□ **Serves: 6–8**

Ingredients

- **For the béchamel sauce:**

- 4 tablespoons butter
- $\frac{1}{4}$ cup all-purpose flour
- 4 cups whole milk, warmed
- Salt and freshly ground black pepper, to taste
- A pinch of nutmeg

- **For the filling:**

- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 12 ounces mushrooms, sliced (cremini or button)
- 1 (10-ounce) package frozen chopped spinach, thawed and well-drained
- Salt and pepper, to taste
- 1 cup shredded mozzarella
- $\frac{1}{2}$ cup grated Parmesan cheese

- **For assembling:**

- 9 store-bought lasagna noodles (oven-ready or pre-cooked)

- 2 cups shredded mozzarella cheese
- $\frac{1}{2}$ cup grated Parmesan cheese

Instructions

1. Make the béchamel sauce:

In a medium saucepan, melt butter over medium heat. Whisk in the flour and cook for about 1 minute. Gradually add the warm milk while whisking continuously until the sauce thickens, about 5–7 minutes. Season with salt, pepper, and nutmeg. Set aside.

2. Prepare the filling:

Heat olive oil in a large pan over medium heat. Add onion and garlic; cook until softened. Add mushrooms and sauté until golden and most of the moisture has evaporated. Stir in spinach, season with salt and pepper, and cook for 2 minutes. Remove from heat.

3. Assemble the lasagna:

Spread a thin layer of béchamel sauce over the bottom of a 9×13-inch baking dish. Add a layer of noodles, followed by half of the spinach-mushroom mixture, a few spoonful's of béchamel, a sprinkle of Parmesan, and a layer of mozzarella.

Repeat the layers, finishing with noodles, the remaining béchamel sauce, mozzarella, and Parmesan.

4. Bake:

Cover loosely with foil and bake at **375°F (190°C)** for 30 minutes. Remove foil and bake for another 10–15 minutes, until the top is golden and bubbling. Let rest for 10 minutes before slicing.