






 **33%**  
HEALTH SCORE

# Butternut Squash and Mushroom Lasagna

READY IN  
  
**45 min.**

SERVINGS  
  
**8**

CALORIES  
  
**962 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds butternut squash peeled seeded cut into 1/4-inch-thick slices ( 5 1/2 cups)
- 3 cups crimini mushrooms sliced (baby bella)
- 4 large eggs
- 4 tablespoons sage fresh divided sliced
- 4 tablespoons thyme sprigs fresh divided chopped
- 4 cups mozzarella cheese divided grated
- 8 servings olive oil
- 2.5 cups onion chopped
- 9 ounce no boil lasagna noodles

- 2 cups parmesan cheese divided grated
- 45 ounce ricotta cheese
- 0.3 cup butter unsalted ()
- 14 ounce vegetable stock canned

## Equipment

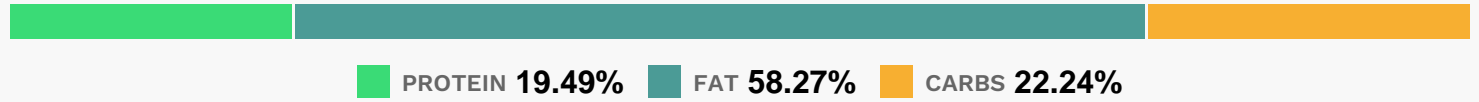
- bowl
- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Melt butter in large skillet over medium-high heat.
- Add onions; sauté until soft, about 8 minutes. Increase heat to high; add mushrooms and cook until tender, stirring constantly, about 3 minutes. Season with salt and pepper.
- Transfer mushroom mixture to bowl; set aside.
- Add squash, broth, 3 tablespoons thyme, and 3 tablespoons sage to same skillet. Cover and simmer over medium heat until squash is just tender, about 6 minutes. Uncover and cook until squash is very soft but still retains shape, about 5 minutes. Season with salt and pepper.
- Mix ricotta, 2 cups mozzarella cheese, 1 1/2 cups Parmesan cheese, and remaining 1 tablespoon thyme and 1 tablespoon sage in large bowl. Season to taste with salt and pepper; mix in eggs.
- Brush 13x9x2-inch glass or ceramic baking dish with oil.
- Spread 1 cup ricotta mixture over bottom. Arrange 3 noodles on top.
- Spread 1 3/4 cups ricotta mixture over noodles. Arrange 1 1/3 cups squash mixture over.
- Sprinkle with 1/2 cup mushrooms and 1 cup mozzarella. Top with 3 noodles, then 1 3/4 cups ricotta mixture, half of remaining squash, 1/2 cup mushrooms, and remaining 1 cup mozzarella. Repeat with noodles, 1 3/4 cups ricotta mixture, remaining squash, and remaining mushrooms. Top with 3 noodles.
- Spread remaining ricotta mixture over; sprinkle with remaining Parmesan. Cover with oiled foil.

- Preheat oven to 350°F.
- Bake lasagna, covered, 35 minutes. Uncover; bake until heated through, about 25 minutes longer.
- Let stand 10 minutes before serving. (The lasagna can be assembled one day ahead and refrigerated.)

## Nutrition Facts



### Properties

Glycemic Index:21.38, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:38.759565229001%

### Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

### Nutrients (% of daily need)

Calories: 962.34kcal (48.12%), Fat: 63.32g (97.41%), Saturated Fat: 30.98g (193.6%), Carbohydrates: 54.37g (18.12%), Net Carbohydrates: 49.24g (17.91%), Sugar: 7.19g (7.99%), Cholesterol: 269.81mg (89.94%), Sodium: 1166.2mg (50.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.65g (95.3%), Copper: 9.42mg (470.91%), Vitamin A: 13943.88IU (278.88%), Calcium: 954.37mg (95.44%), Selenium: 56.98µg (81.39%), Phosphorus: 749.04mg (74.9%), Vitamin B2: 0.86mg (50.65%), Vitamin B12: 2.42µg (40.3%), Vitamin C: 33.12mg (40.14%), Manganese: 0.75mg (37.28%), Zinc: 5.57mg (37.12%), Vitamin E: 4.5mg (29.99%), Potassium: 996.45mg (28.47%), Magnesium: 97.32mg (24.33%), Vitamin B6: 0.43mg (21.44%), Folate: 84.96µg (21.24%), Fiber: 5.12g (20.49%), Iron: 3.44mg (19.09%), Vitamin B5: 1.83mg (18.25%), Vitamin B1: 0.23mg (15.15%), Vitamin B3: 2.77mg (13.87%), Vitamin K: 13.91µg (13.25%), Vitamin D: 1.3µg (8.68%)