



Butternut Squash and Sage Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pounds butternut squash peeled seeded cut into 1-inch pieces
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving salt and pepper freshly ground
- 1 pound ricotta cheese
- 0.5 cup cup heavy whipping cream
- 2 large egg yolk
- 2 cups mozzarella fresh grated
- 1 serving nutmeg freshly grated
- 2 tablespoons butter unsalted

- 0.3 cup sage fresh loosely packed coarsely chopped
- 1.3 cups vegetable stock low-sodium homemade store-bought
- 0.5 lasagne pasta sheets dried fresh store-bought cooked cut into 4-by-13-inch strips and , or noodles,
- 1.3 cups parmesan cheese finely grated

Equipment

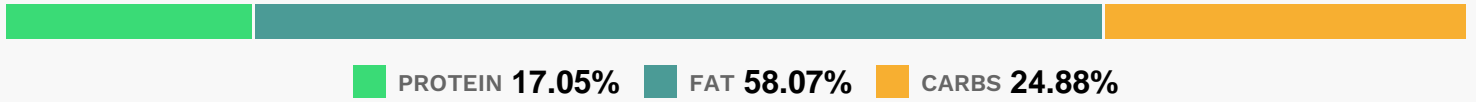
- bowl
- frying pan
- baking sheet
- oven
- baking pan
- wooden spoon

Directions

- Preheat oven to 425 degrees. Toss squash, oil, and 1 teaspoon salt on a baking sheet. Season with pepper.
- Bake until light gold and tender, 25 to 30 minutes.
- Let cool.
- Reduce oven temperature to 375 degrees.
- Combine ricotta, cream, yolks, mozzarella, and a pinch of nutmeg in a medium bowl. Season with salt.
- Melt butter in a small saute pan over medium-high heat. As soon as it starts to sizzle, add sage, and cook until light gold and slightly crisp at edges, 3 to 4 minutes.
- Place squash in a medium bowl, and mash 1/2 of it with the back of a wooden spoon, leaving the other 1/2 in whole pieces. Gently stir in sage-butter mixture and stock. Season with salt and pepper.
- Spread 3/4 cup of ricotta mixture in a 9-cup baking dish. Top with a layer of noodles.
- Spread 1/2 of the butternut squash mixture over noodles. Top with a layer of noodles.

- Spread 1 cup of ricotta mixture over noodles. Repeat layering once more (noodles, squash, noodles, ricotta).
- Sprinkle Parmesan over ricotta mixture.
- Place baking dish on a rimmed baking sheet, and bake until cheese is golden and bubbling, 30 to 35 minutes.
- Let stand for 15 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:27.576521956402%

Nutrients (% of daily need)

Calories: 468.46kcal (23.42%), Fat: 31.17g (47.95%), Saturated Fat: 17.04g (106.51%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 25.93g (9.43%), Sugar: 5.71g (6.34%), Cholesterol: 134.86mg (44.95%), Sodium: 682.34mg (29.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.19%), Vitamin A: 22117.51IU (442.35%), Copper: 1.82mg (90.86%), Calcium: 512.71mg (51.27%), Vitamin C: 41.77mg (50.63%), Phosphorus: 383.34mg (38.33%), Selenium: 23.41µg (33.45%), Vitamin E: 3.89mg (25.91%), Manganese: 0.51mg (25.29%), Potassium: 834.82mg (23.85%), Magnesium: 88.41mg (22.1%), Vitamin B2: 0.34mg (19.81%), Vitamin B12: 1.15µg (19.25%), Vitamin B6: 0.38mg (18.8%), Folate: 70.69µg (17.67%), Zinc: 2.63mg (17.51%), Fiber: 4.12g (16.46%), Vitamin B1: 0.23mg (15.54%), Vitamin B3: 2.53mg (12.63%), Vitamin B5: 1.18mg (11.81%), Iron: 2.04mg (11.34%), Vitamin K: 6.58µg (6.26%), Vitamin D: 0.82µg (5.49%)