



 **21%**
HEALTH SCORE

Butternut Squash and Zucchini Lasagna- Gluten free, Vegan

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium butternut squash peeled thinly sliced
- 4 medium zucchini thinly sliced lengthwise
- 1.5 boxes sheets lasagne pasta sheets organic
- 3 tablespoons lime wedges cheddar style
- 20 leaves sage fresh
- 4 tablespoons coconut or
- 2 tablespoons brown rice flour

- 2 cups coconut milk
- 0.5 cup vanilla almond milk unflavored
- 1.5 teaspoons kosher salt
- 0.5 teaspoon pepper black crushed
- 1 teaspoon thyme dried
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 teaspoon ground sage
- 0.3 teaspoon ground pepper
- 1.5 tablespoons tapioca/arrowroot flour
- 1 tablespoon water
- 8 servings olive oil
- 0.5 cup frangelico shredded cheddar style
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Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- pot
- casserole dish

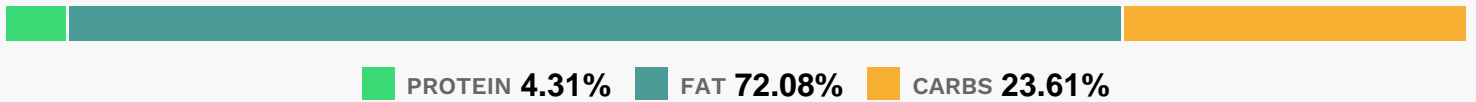
Directions

- Casserole dish (12x9 inches)
- Preheat Oven to 400 degrees F

- In a baking sheet lined with parchment paper, add sliced zucchini, and sliced butternut squash.
- Sprinkle pinch of salt and thyme evenly over vegetables, drizzle with olive oil.
- Coat vegetables with hands for even coating of oil and seasoning.
- Roast in the oven for 30 minutes.
- When done, remove from oven and reduce heat to 350 degrees F.
- Meanwhile for the sauce, combine water and arrowroot in a small bowl, set aside.
- In a medium saucepan over medium high heat, add coconut spread, when it melts add brown rice flour, whisk until smooth.
- Lower heat to medium.
- Add coconut milk, almond milk, all seasonings, whisk until smooth.
- When you begin to see bubbles form quickly whisk in the arrowroot mixture.
- Continue to whisk for a minute until mixture has thickened to the consistency of a cream sauce.
- Set aside.
- In a large 8 quart shallow pot on medium high heat, boil the water, add a few tablespoons of salt, or to taste, then gently put lasagna sheets in, do not push down.
- As they begin to soften they will drop down into the boiling water.
- Stir occasionally to separate sheets.
- Drain, set aside for assembling.
- Save the prettier pieces for the top layer, as lasagna tends to get stick, pieces may break but it will still be delicious.
- It may seem like a lot of salt in the water, however, pasta water should taste like the ocean for the pasta to absorb flavor.
- First layer, add a third of the cream sauce to the casserole dish, about 8 sage leaves then 2 layers of lasagna pasta.
- Second layer, add slices of zucchini to fill pan, 1/4 cup of cheddar style shredded cheese, 5 sage leaves.
- Third layer, add one row of lasagna pasta, slices of butternut squash, 1/4 cup cheddar style shredded cheese, about 8 sage leaves.

- Top layer, add remaining cream sauce, 2 layers lasagna pasta, crumble cheddar cheesewedge directly over the top and place 4 sage leaves; if the sage leaves do not lay flat wet theback and it will adhere to the pasta.
- Place the casserole dish on a baking sheet pan (in case it drips over).
- Bake for 70 minutes.
- Let it cool for 10 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:19.116086956522%

Flavonoids

Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 323.73kcal (16.19%), Fat: 27.65g (42.53%), Saturated Fat: 13.52g (84.52%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 16.72g (6.08%), Sugar: 4.85g (5.39%), Cholesterol: 0mg (0%), Sodium: 476.65mg (20.72%), Protein: 3.72g (7.45%), Vitamin A: 10196.7IU (203.93%), Manganese: 1.01mg (50.38%), Vitamin C: 39.61mg (48.01%), Copper: 0.58mg (28.98%), Vitamin E: 3.56mg (23.76%), Potassium: 738.09mg (21.09%), Magnesium: 80.7mg (20.17%), Iron: 3.32mg (18.42%), Vitamin B6: 0.35mg (17.28%), Vitamin K: 16.26µg (15.48%), Folate: 58.92µg (14.73%), Fiber: 3.65g (14.6%), Phosphorus: 136.12mg (13.61%), Vitamin B1: 0.17mg (11.11%), Vitamin B3: 2.13mg (10.65%), Calcium: 98.42mg (9.84%), Vitamin B5: 0.73mg (7.26%), Vitamin B2: 0.12mg (6.83%), Zinc: 0.89mg (5.92%), Selenium: 1.08µg (1.55%)