



## Butternut Squash Lasagna

READY IN



120 min.

SERVINGS



12

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 butternut squash halved seeded
- 0.5 cup cornstarch
- 0.3 teaspoon ginger fresh minced
- 8 ounce mushrooms fresh sliced
- 10 ounce pkt spinach frozen thawed drained chopped
- 1 teaspoon garlic minced
- 0.3 teaspoon ground nutmeg
- 12 servings salt and ground pepper black to taste
- 1 tablespoon honey

- 16 ounce lasagna noodles
- 7 cups milk divided
- 1 tablespoon olive oil divided or as needed
- 1 onion chopped
- 2 cups parmesan cheese divided grated
- 4 sage leaves fresh shredded to taste
- 2 cups mozzarella cheese shredded

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- baking pan
- wooden spoon
- aluminum foil

## Directions

- Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.
- Place squash, cut-side up, on the prepared baking sheet. Cover squash with aluminum foil.
- Bake in the preheated oven until squash is tender, 45 minutes to 1 hour 15 minutes.
- Heat 1 1/2 teaspoons olive oil in a skillet over medium heat; cook and stir mushrooms and garlic in the hot oil until mushrooms are tender, 5 to 10 minutes.
- Remove skillet from heat.
- Heat remaining 1 1/2 teaspoons olive oil in a separate skillet over medium heat; cook and stir onion in the hot oil until softened, about 5 minutes.

- Add spinach to onion; cook until spinach is heated through, 3 to 5 minutes.
- Remove skillet from heat.
- Heat 6 cups milk in a 5-quart saucepan over medium heat; cook and stir until milk is simmering, about 5 minutes.
- Whisk remaining 1 cup milk and cornstarch together in a bowl until smooth; stir into simmering milk. Bring milk mixture to just under a boil, stirring constantly with a wooden spoon and scraping bottom of pot to prevent scorching, until milk mixture has thickened into a sauce, about 5 minutes; remove pot from heat.
- Whisk 1 1/2 cups Parmesan cheese, honey, nutmeg, sage, salt, and pepper into sauce until smooth. Cover pot with a lid and keep warm over low heat.
- Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 8 minutes.
- Drain.
- Reduce oven temperature to 375 degrees F (190 degrees C).
- Scrape flesh from butternut squash into a bowl; stir with a fork until evenly mashed. Stir ginger, salt, and pepper into mashed butternut squash.
- Spoon about 1 cup white sauce into the bottom of a 9x13-inch baking dish; arrange a layer of noodles atop white sauce.
- Layer 1/2 butternut squash mixture, 1/5 remaining white sauce, noodles, spinach mixture, 1/5 white sauce, noodles, 1/2 the mozzarella cheese, mushroom mixture, 1/5 white sauce, noodles, remaining 1/2 butternut squash mixture, 1/5 the white sauce, remaining noodles, remaining 1/5 white sauce, remaining mozzarella cheese, 1/2 cup Parmesan cheese, respectively. Cover dish with aluminum foil and place dish on a baking sheet.
- Bake in the preheated oven for 30 minutes.
- Remove cover and bake until bubbling and cheese is browned, about 15 more minutes.
- Let stand for 10 minutes before serving.

## Nutrition Facts

 PROTEIN 19.13%  FAT 31.78%  CARBS 49.09%

## Properties

Glycemic Index:30.44, Glycemic Load:15.11, Inflammation Score:-10, Nutrition Score:27.842608700628%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

## Nutrients (% of daily need)

Calories: 431.45kcal (21.57%), Fat: 15.42g (23.73%), Saturated Fat: 8g (50.01%), Carbohydrates: 53.61g (17.87%), Net Carbohydrates: 50.03g (18.19%), Sugar: 11.8g (13.11%), Cholesterol: 46.33mg (15.44%), Sodium: 487mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.89g (41.77%), Vitamin A: 9915.7IU (198.31%), Vitamin K: 90.66µg (86.34%), Selenium: 39.34µg (56.2%), Calcium: 489.05mg (48.9%), Phosphorus: 439.47mg (43.95%), Manganese: 0.71mg (35.46%), Vitamin B2: 0.47mg (27.91%), Vitamin B12: 1.43µg (23.78%), Magnesium: 88.81mg (22.2%), Potassium: 721.66mg (20.62%), Vitamin C: 15.59mg (18.9%), Zinc: 2.74mg (18.24%), Vitamin B6: 0.33mg (16.62%), Folate: 65.29µg (16.32%), Copper: 0.31mg (15.45%), Vitamin B1: 0.23mg (15.26%), Fiber: 3.58g (14.33%), Vitamin B5: 1.34mg (13.45%), Vitamin E: 1.99mg (13.28%), Vitamin B3: 2.39mg (11.97%), Vitamin D: 1.76µg (11.74%), Iron: 1.7mg (9.46%)