



Butternut Squash Lasagna

 Vegetarian

READY IN



130 min.

SERVINGS



10

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 amaretti cookies crumbled
- ☐ 0.3 cup butter
- ☐ 1.5 pound butternut squash peeled seeded cut into 1-inch cubes
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup basil leaves fresh packed lightly
- ☐ 1 pinch nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 12 no-boil lasagna noodles

- ☐ 0.3 cup parmesan grated
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 2.5 cups whole-milk mozzarella cheese shredded
- ☐ 0.5 cup water
- ☐ 3.5 cups milk whole

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

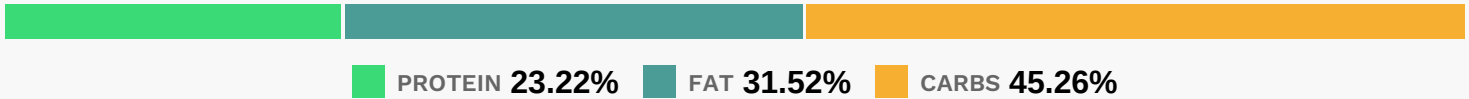
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a heavy large skillet over medium-high heat.
- ☐ Add the squash and toss to coat.
- ☐ Sprinkle with salt and pepper.
- ☐ Pour the water into the skillet and then cover and simmer over medium heat until the squash is tender, stirring occasionally, about 20 minutes. Cool slightly and then transfer the squash to a food processor.
- ☐ Add the amaretti cookies and blend until smooth. Season the squash puree, to taste, with more salt and pepper.
- ☐ Melt the butter in a heavy medium-size saucepan over medium heat.
- ☐ Add the flour and whisk for 1 minute. Gradually whisk in the milk. Bring to a boil over medium-high heat. Reduce the heat to medium and simmer until the sauce thickens slightly, whisking

often, about 5 minutes.

- ☐ Whisk in the nutmeg. Cool slightly.
- ☐ Transfer half of the sauce to a blender*.
- ☐ Add the basil and blend until smooth. Return the basil sauce to the sauce in the pan and stir to blend. Season the sauce with salt and pepper, to taste.
- ☐ Position the rack in the center of the oven and preheat to 375 degrees F.
- ☐ Lightly butter a 13 by 9 by 2-inch glass baking dish.
- ☐ Spread 3/4 cup of the sauce over the prepared baking dish. Arrange 3 lasagna noodles on the bottom of the pan.
- ☐ Spread 1/3 of the squash puree over the noodles.
- ☐ Sprinkle with 1/2 cup of mozzarella cheese.
- ☐ Drizzle 1/2 cup of sauce over the noodles. Repeat layering 3 more times.
- ☐ Tightly cover the baking dish with foil and bake the lasagna for 40 minutes.
- ☐ Sprinkle the remaining mozzarella and Parmesan cheeses over the lasagna. Continue baking uncovered until the sauce bubbles and the top is golden, 15 minutes longer.
- ☐ Let the lasagna stand for 15 minutes before serving.
- ☐ Remove liquid from the heat and allow to cool for at least 5 minutes.
- ☐ Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- ☐ Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts



Properties

Glycemic Index:36.2, Glycemic Load:3.32, Inflammation Score:-10, Nutrition Score:15.923478313114%

Nutrients (% of daily need)

Calories: 283.2kcal (14.16%), Fat: 10.2g (15.7%), Saturated Fat: 5.3g (33.13%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 30.12g (10.95%), Sugar: 7.47g (8.3%), Cholesterol: 39.44mg (13.15%), Sodium: 339.53mg (14.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.83%), Vitamin A: 7770.21IU (155.4%), Calcium: 454.66mg (45.47%), Phosphorus: 323.28mg (32.33%), Vitamin C: 14.62mg (17.72%), Vitamin B2: 0.25mg (14.49%), Potassium: 464.39mg (13.27%), Selenium: 9.18µg (13.11%), Vitamin B12: 0.77µg (12.85%), Magnesium: 46.6mg (11.65%), Fiber: 2.85g (11.39%), Zinc: 1.7mg (11.32%), Manganese: 0.2mg (9.96%), Vitamin B1: 0.15mg (9.91%), Vitamin K: 10.4µg (9.9%), Vitamin E: 1.42mg (9.47%), Vitamin B6: 0.19mg (9.36%), Folate: 28.63µg (7.16%), Vitamin D: 0.96µg (6.37%), Vitamin B5: 0.63mg (6.31%), Vitamin B3: 1.15mg (5.77%), Iron: 0.83mg (4.62%), Copper: 0.08mg (3.81%)