



Butternut Squash Lasagna

READY IN



5 min.

SERVINGS



10

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoon all purpose flour
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon peppercorns black
- ☐ 2 pound butternut squash peeled halved lengthwise seeded sliced
- ☐ 0.5 cup canola oil
- ☐ 0.3 teaspoon cayenne pepper to taste ()
- ☐ 4 sprigs parsley fresh
- ☐ 0.5 cup sage fresh
- ☐ 2 sprigs thyme leaves fresh

- ☐ 1 clove garlic minced peeled
- ☐ 10 servings ground pepper black to taste
- ☐ 10 servings kosher salt as needed
- ☐ 1 pound lasagna noodles dried (20 pieces)
- ☐ 3 cup milk
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 cup parmesan cheese freshly grated plus more for passing
- ☐ 1 pound milk ricotta cheese whole
- ☐ 3 tablespoon butter unsalted good

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ wax paper
- ☐ colander
- ☐ cheesecloth

Directions

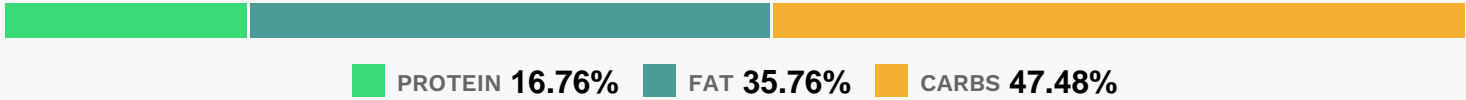
- ☐ Cut an 8-inch square of cheese cloth and place the bay leaf, pepper corns, thyme sprigs, and parsley sprigs in the center. Bring up the ends and tie securely into a pouch. In a medium-sized saucepan set over medium heat, combine the milk and the herb and pepper filled

pouch.

- ☐ Heat until hot, but not boiling. Simmer 2 minutes, then remove the pan from the heat and let steep, covered. Bring a large stock pot filled with water to a boil, stir in a few tablespoons salt.
- ☐ Add the lasagna noodles and cook about 10 minutes.
- ☐ Drain in a colander and rinse well. Set aside laying flat on a parchment or wax paper lined baking sheet. In a small heavy-bottomed saute pan, heat the canola oil until a thermometer reads 365 degrees F. It should be hot but not smoking. Working quickly and in small batches fry the sage leaves about 10 seconds and transfer them to a paper towel lined tray to drain.
- ☐ Sprinkle with salt. Save the oil. In a medium-sized saute pan, heat 3 tablespoons of the reserved sage infused oil over medium heat. Working in batches cook the squash slices in a single layer until lightly browned, about 2 minutes per side. Continue until all the slices are cooked adding more oil as needed.
- ☐ Transfer them to a paper towel lined tray to drain.
- ☐ Sprinkle the cooked squash with salt, cayenne and ground pepper. Set aside. In a medium bowl, mix together ricotta and minced parsley. Set aside. Make the white sauce: In a large saucepan, melt butter over medium heat. Swirl to coat the pan, add the garlic and onion. Cook stirring often, until just beginning to color.
- ☐ Add the flour, stirring constantly, until the mixture is blended and cooked through. About 1 minute.
- ☐ Remove the herb and pepper pouch from the reserved milk and slowly whisk the milk into the flour mixture. Bring the sauce to a simmer, whisking all the while. Keep whisking until the sauce is thickened somewhat.
- ☐ Add salt and nutmeg to season. Set aside. Preheat the oven to 350 degrees F. Coat a 9×13-inch baking pan with cooking spray.
- ☐ Lay 3 strips of lasagna noodles along the bottom lengthwise.
- ☐ Add half the white sauce and spread evenly.
- ☐ Place 3 more strips of lasagna noodles on top, then layer on ½ of the squash slices. Crumble the fried sage on top of the squash.
- ☐ Place 3 more noodles on top.
- ☐ Spread a layer of all the ricotta evenly on top this layer of noodles.
- ☐ Add another layer with the remaining squash and crumbled sage. Then top all that with 3 more noodles, and the remaining white sauce. For the final layer.
- ☐ Lay 4 noodles across the lasagna lengthwise, overlapping each other slightly.

- ☐ Sprinkle with Parmesan cheese.
- ☐ Bake the lasagna until bubbly and nicely browned, about 1 hour.
- ☐ Let rest 10 minutes before cutting.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:48.2, Glycemic Load:16.7, Inflammation Score:-10, Nutrition Score:25.153913228408%

Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 431.97kcal (21.6%), Fat: 17.33g (26.67%), Saturated Fat: 9.27g (57.96%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 48.29g (17.56%), Sugar: 6.97g (7.74%), Cholesterol: 47.75mg (15.92%), Sodium: 427.16mg (18.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.55%), Vitamin A: 10212.71IU (204.25%), Copper: 2.19mg (109.4%), Selenium: 40.2µg (57.43%), Calcium: 364.21mg (36.42%), Manganese: 0.73mg (36.33%), Phosphorus: 335.84mg (33.58%), Vitamin C: 20.04mg (24.29%), Magnesium: 75.88mg (18.97%), Potassium: 601.99mg (17.2%), Vitamin B2: 0.28mg (16.7%), Vitamin B6: 0.29mg (14.27%), Fiber: 3.5g (14%), Vitamin B1: 0.2mg (13.58%), Vitamin E: 1.98mg (13.17%), Zinc: 1.93mg (12.84%), Vitamin B12: 0.68µg (11.28%), Folate: 43.9µg (10.97%), Vitamin B3: 2.16mg (10.82%), Vitamin K: 10.78µg (10.27%), Vitamin B5: 0.99mg (9.95%), Iron: 1.75mg (9.74%), Vitamin D: 1.01µg (6.73%)