



## Butternut Squash Lasagna With Bacon-Braised Greens and Béchamel

READY IN



100 min.

SERVINGS



8

CALORIES



818 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 medium butternut squash seeds removed halved lengthwise
- ☐ 2 eggs lightly beaten
- ☐ 4 tablespoons flour
- ☐ 1 teaspoon thyme sprigs fresh finely chopped
- ☐ 3 teaspoons garlic clove minced
- ☐ 2 large bunches kale dark hearty rinsed sliced into wide ribbons well
- ☐ 8 servings kosher salt
- ☐ 8 servings pepper black freshly ground

- ☐ 2 pound lasagne pasta sheets
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese divided grated
- ☐ 0.5 teaspoon pepper red
- ☐ 1 pound ricotta cheese
- ☐ 4 ounces bacon thick-cut finely chopped
- ☐ 4 tablespoons butter unsalted
- ☐ 8 servings water
- ☐ 4 cups milk whole

## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ dutch oven

## Directions

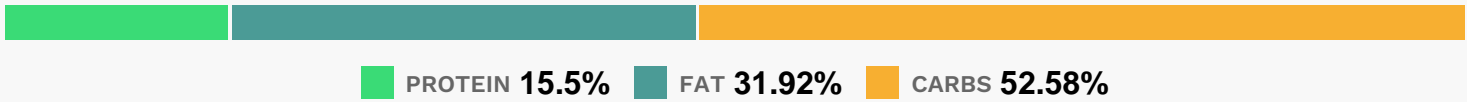
- ☐ For the Squash Filling: Adjust oven rack to middle position and preheat oven to 375°F.
- ☐ Place squash cut-side down on a rimmed baking sheet and add water until water level rises 1/4" inch up the pan.
- ☐ Bake squash until fork-tender and peeling away from the skin, about 35 minutes.

- ☐ Remove squash from oven, let cool slightly, then use a spoon to peel squash away from skin.
- ☐ Transfer squash to the bowl of a food processor and pulse until smooth. In a mixing bowl, combine 2 cups squash purée, ricotta, eggs and thyme and stir until smooth. Season to taste with salt and pepper.
- ☐ For the Greens: While squash is baking, prepare the greens.
- ☐ Heat oil in a Dutch oven over medium heat, then add bacon, garlic and red pepper flakes. Cook, stirring, until bacon has rendered some fat, about 5 minutes.
- ☐ Add greens and cover pot for 5 minutes.
- ☐ Remove lid, stir, and cook until most liquid has evaporated, about 10 minutes. Season to taste with salt.
- ☐ Heat milk in a saucepan set over medium-low heat. Wipe out Dutch oven and return to medium heat.
- ☐ Add butter; when it melts, add flour and cook, stirring with a wooden spoon, until mixture thickens and smells nutty, about 5 minutes.
- ☐ Add hot milk one cupful at a time, whisking constantly, until no lumps remain. Simmer mixture until smooth and thick, about 7 minutes, then remove from heat and add Parmesan cheese; season to taste.
- ☐ Add 1/4 of the béchamel sauce to the bottom of a deep lasagna pan.
- ☐ Add one layer of noodles, breaking into pieces and overlapping as needed to create a uniform layer.
- ☐ Add 1/2 the greens, spreading evenly over noodles, then spoon over another 1/4 of the béchamel.
- ☐ Add another layer of noodles. Spoon 1/2 the squash filling on, and smooth with the back of a spoon.
- ☐ Add another layer of noodles.
- ☐ Add the remaining greens and cover them with another 1/4 of the béchamel.
- ☐ Add another layer of noodles, and top them with remaining squash filling.
- ☐ Add final layer of noodles, and top with final 1/4 of béchamel.
- ☐ Sprinkle remaining 1/4 cup of cheese over the top of the lasagna and cover tightly with aluminum foil.
- ☐ Bake in the 375°F oven for 45 minutes, removing foil after 25 minutes.

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Remove lasagna from oven, let set for 15 minutes, then cut into pieces and serve immediately.

# Nutrition Facts



## Properties

Glycemic Index:48.88, Glycemic Load:38.88, Inflammation Score:-10, Nutrition Score:30.905652336452%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 818.16kcal (40.91%), Fat: 29.01g (44.64%), Saturated Fat: 14.37g (89.81%), Carbohydrates: 107.56g (35.85%), Net Carbohydrates: 101.8g (37.02%), Sugar: 11.21g (12.46%), Cholesterol: 114.32mg (38.11%), Sodium: 532.3mg (23.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.41%), Vitamin A: 10783.84IU (215.68%), Selenium: 92.62µg (132.32%), Manganese: 1.32mg (65.76%), Phosphorus: 548.4mg (54.84%), Calcium: 412.49mg (41.25%), Magnesium: 122.63mg (30.66%), Vitamin B2: 0.47mg (27.92%), Potassium: 896.8mg (25.62%), Vitamin C: 20.67mg (25.06%), Vitamin B6: 0.49mg (24.29%), Copper: 0.48mg (23.87%), Zinc: 3.56mg (23.74%), Vitamin B1: 0.35mg (23.32%), Fiber: 5.76g (23.02%), Vitamin B3: 4.08mg (20.4%), Vitamin B12: 1.12µg (18.61%), Vitamin B5: 1.74mg (17.42%), Folate: 65.55µg (16.39%), Iron: 2.91mg (16.17%), Vitamin E: 2.27mg (15.16%), Vitamin D: 1.87µg (12.46%), Vitamin K: 5.12µg (4.87%)