



Chicken, Roasted Butternut Squash and Feta Lasagna

 Popular

READY IN



90 min.

SERVINGS



9

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 cups butternut squash peeled cut into bite sized pieces
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 0.5 pound lasagne pasta sheets cooked
- ☐ 1 cup feta crumbled
- ☐ 4 tablespoons flour
- ☐ 2 cloves garlic chopped

- ☐ 2 cups milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 0.5 teaspoon oregano
- ☐ 9 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 cup white wine

Equipment

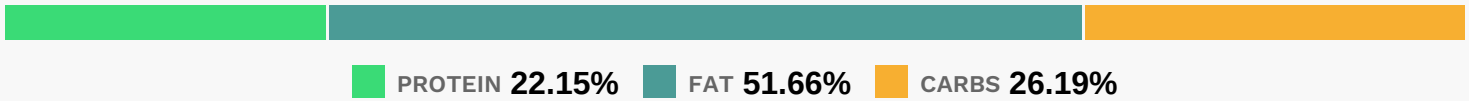
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss the butternut squash in the oil along with the salt and pepper to coat. Arrange the butternut squash in a single layer on a baking sheet. Roast in a preheated 400F oven until tender, about 20–30 minutes and set aside.
- ☐ Heat the oil in a pan.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about 1 minute.
- ☐ Add the wine, tomatoes, tomato paste, oregano, salt and pepper and bring to a boil. Reduce the heat and simmer until the sauce starts to thicken, about 15–20 minutes.
- ☐ Mix in the chicken and set aside.

- ☐ Heat the butter in a saucepan until it is nice and bubbling and it has turned a light golden brown.
- ☐ Mix in the flour and let simmer until it returns to a light golden brown.
- ☐ Mix in the milk, nutmeg and cheese and heat until it thickens. Lightly grease the bottom of an 8 inch square baking dish.
- ☐ Place a layer of noodles followed by 1/2 of the tomato sauce followed by 1/2 of the feta followed by 1/2 of the butternut squash followed by 1/3 of the bechamel sauce. Repeat a second layer in the same fashion and top with a final layer of noodles, the remaining bechamel sauce and top with the mozzarella.
- ☐ Bake in a preheated 350F oven until the top is golden brown and the sides are bubbling, about 30-45 minutes.

Nutrition Facts



Properties

Glycemic Index:58.06, Glycemic Load:8.05, Inflammation Score:-10, Nutrition Score:17.759565208269%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 355.83kcal (17.79%), Fat: 20.11g (30.94%), Saturated Fat: 10.53g (65.8%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 20.59g (7.49%), Sugar: 6.38g (7.09%), Cholesterol: 75.52mg (25.17%), Sodium: 664.02mg (28.87%), Alcohol: 1.37g (100%), Alcohol %: 0.67% (100%), Protein: 19.4g (38.8%), Vitamin A: 3925.58IU (78.51%), Selenium: 24.33µg (34.76%), Calcium: 314.34mg (31.43%), Phosphorus: 303.01mg (30.3%), Vitamin B2: 0.4mg (23.31%), Vitamin B6: 0.41mg (20.25%), Vitamin B3: 3.99mg (19.97%), Manganese: 0.32mg (15.91%), Vitamin B12: 0.95µg (15.84%), Zinc: 2.2mg (14.68%), Vitamin C: 12.1mg (14.66%), Potassium: 481.84mg (13.77%), Magnesium: 49.51mg (12.38%), Vitamin B1: 0.19mg (12.37%), Iron: 1.98mg (11%), Vitamin E: 1.65mg (10.98%), Vitamin B5: 1.05mg (10.52%), Fiber: 2.36g (9.43%), Copper: 0.18mg (8.84%), Folate: 35.14µg (8.78%), Vitamin K: 5.98µg (5.69%), Vitamin D: 0.76µg (5.09%)