



## Parmesan and Root Vegetable Lasagna

READY IN



45 min.

SERVINGS



10

CALORIES



1063 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 6 cups butternut squash cubed peeled ( ) ( 2 1/2 pounds)
- 0.3 cup flour all-purpose
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg
- 4 cups milk 1% low-fat
- 1 tablespoon olive oil
- 2 cups onion divided coarsely chopped

- 9 package no boil lasagna noodles
- 5 ounces parmesan grated
- 6 ounces part-skim mozzarella cheese shredded
- 0.5 teaspoon salt
- 2.3 cups sweet potatoes and into cubed peeled () ( 1 pound)

## Equipment

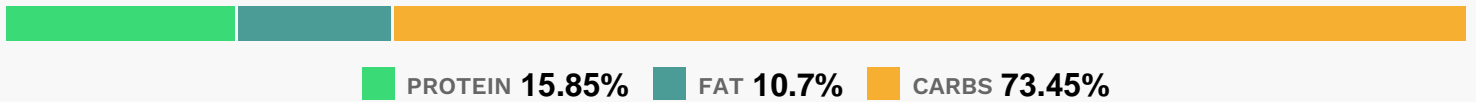
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- sieve
- baking pan
- roasting pan
- aluminum foil
- measuring cup

## Directions

- Preheat oven to 45
- Combine squash, potato, 1 cup chopped onion, and oil in a roasting pan coated with cooking spray, tossing to coat vegetables.
- Bake at 450 for 30 minutes or until vegetables are tender, stirring once; set aside.
- Combine remaining 1 cup onion, milk, nutmeg, cinnamon, and bay leaf in a medium saucepan over medium-high heat; bring to a simmer.
- Remove from heat; let stand 15 minutes. Strain milk mixture through a fine sieve over a bowl; discard solids. Return milk mixture to pan. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.

- Add flour, salt, and pepper to milk mixture, stirring with a whisk. Cook over medium heat 10 minutes or until thick, stirring frequently with a whisk.
- Remove from heat; stir in Parmigiano-Reggiano cheese.
- Preheat oven to 37
- Spread 1/2 cup milk mixture in bottom of a 13 x 9inch baking dish coated with cooking spray. Arrange 3 noodles over milk mixture; top with half of squash mixture, 1/2 cup mozzarella, and 1 cup milk mixture. Repeat layer with noodles, squash mixture, mozzarella, and milk mixture. Top with remaining 3 noodles.
- Spread remaining milk mixture over noodles, and sprinkle with remaining 1/2 cup mozzarella. Cover with foil coated with cooking spray.
- Bake at 375 for 30 minutes. Uncover and bake an additional 20 minutes.
- Let stand 10 minutes.
- Wine note: Root vegetables are best with earthy wine varieties like tempranillo, pinot noir, and sangiovese. Try this with a Spanish Rioja, which is made from tempranillo. Try Conde de Valdemar Rioja Crianza 2004 (about \$15). "Crianza" is the Rioja term used for simple weeknight wines. Karen MacNeil

## Nutrition Facts



### Properties

Glycemic Index:29.4, Glycemic Load:6.07, Inflammation Score:-10, Nutrition Score:20.383912884671%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

### Nutrients (% of daily need)

Calories: 1063.23kcal (53.16%), Fat: 12.96g (19.94%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 200.03g (66.68%), Net Carbohydrates: 188.57g (68.57%), Sugar: 13.57g (15.08%), Cholesterol: 127.69mg (42.56%), Sodium: 506.69mg (22.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.17g (86.35%), Vitamin A: 13553.84IU (271.08%), Calcium: 477.76mg (47.78%), Fiber: 11.46g (45.84%), Potassium: 1179.34mg (33.7%), Phosphorus:

330.08mg (33.01%), Vitamin C: 20.73mg (25.13%), Vitamin B2: 0.3mg (17.36%), Manganese: 0.34mg (16.83%), Vitamin B6: 0.31mg (15.7%), Magnesium: 61.8mg (15.45%), Vitamin B12: 0.89µg (14.76%), Vitamin B1: 0.22mg (14.49%), Selenium: 9.8µg (14%), Folate: 44.13µg (11.03%), Vitamin B5: 1.05mg (10.52%), Vitamin E: 1.57mg (10.49%), Zinc: 1.57mg (10.45%), Vitamin B3: 1.62mg (8.11%), Vitamin D: 1.16µg (7.74%), Copper: 0.14mg (6.75%), Iron: 1.21mg (6.7%), Vitamin K: 3.14µg (2.99%)