

DINNER

Roasted Butternut Squash, Rosemary, and Garlic Lasagna

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.10	334 kcal

The recipe Roasted Butternut Squash, Rosemary, and Garlic Lasagna could satisfy your Mediterranean craving in roughly 45 minutes. This main course has 334 calories, 14g of protein, and 10g of fat per serving. This recipe serves 8 and costs \$1.1 per serving.

Ingredients

- ☐ ½ teaspoon freshly ground black pepper
- ☐ 8¾ cups (1/2-inch) cubed peeled butternut squash (about 3 pounds)
- ☐ 4 cups fat-free milk, divided
- ☐ 1 tablespoon minced garlic
- ☐ 3 ounces ¾ cup grated fresh Parmigiano-Reggiano, divided
- ☐ ½ cup whipping cream
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons dried rosemary
- ☐ ¼ cup all-purpose flour
- ☐ 8 ounce package precooked lasagna noodles
- ☐ 1½ teaspoons salt, divided

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Knife, Whisk, Sieve, Blender, Baking pan, Roasting pan, Aluminum foil, Microwave, Measuring cup

Method

- 1 Preheat oven to 45

- 2 Arrange butternut squash in a single layer in a large roasting pan coated with cooking spray. Coat squash with cooking spray.
- 3 Bake at 450 for 25 minutes or until squash is just tender, stirring once. Set aside.
- 4 Lower oven temperature to 35
- 5 Combine 3 1/2 cups milk and rosemary in a 1-quart glass measuring cup, and microwave at high 5 minutes or until mixture begins to boil.
- 6 Let stand 10 minutes. Strain milk through a fine sieve into a bowl; discard rosemary.
- 7 Lightly spoon all-purpose flour into a dry measuring cup; level with a knife.
- 8 Combine flour and remaining 1/2 cup milk, stirring flour mixture with a whisk until well blended to form a slurry.
- 9 Melt butter in a large saucepan over medium heat.
- 10 Add garlic; cook 1 minute or until tender, stirring constantly. Stir in steeped milk, and increase heat to medium-high. Gradually add slurry to pan, stirring constantly with a whisk. Cook 15 minutes or until thick, stirring frequently.
- 11 Remove from heat; stir in 3/4 teaspoon salt and pepper.
- 12 Combine milk mixture and squash, tossing gently.
- 13 Spread about 1 1/2 cups squash mixture into the bottom of an 11 x 7-inch baking dish coated with cooking spray. Arrange 3 noodles over squash mixture; top with 2 cups squash mixture and 1/4 cup cheese. Repeat layers once with 3 noodles, 2 cups of squash, and 1/4 cup of cheese. Top with 3 noodles.
- 14 Beat whipping cream and remaining 3/4 teaspoon salt with mixer at high speed until soft peaks form.
- 15 Spread the whipping cream mixture over noodles; sprinkle with remaining 1/4 cup cheese. Cover with foil coated with cooking spray.
- 16 Bake at 350 for 30 minutes. Uncover and bake an additional 15 minutes or until golden.
- 17 Let stand 10 minutes.

Nutrition per serving

334

KCAL

14 g

PROTEIN

10 g

FAT

49 g

CARBS

Saturated Fat	6.3 g · 39% of daily needs
Fibre	4.2 g · 17% of daily needs
Sugar	10.7 g · 12% of daily needs
Sodium	680 mg · 30% of daily needs
Cholesterol	31.5 mg · 10% of daily needs
Vitamin C	31 mg · 38% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-butternut-squash-rosemary-and-garlic-lasagna-148479