



Slow Cooker Sausage and Squash Lasagna

READY IN



297 min.

SERVINGS



10

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup asiago cheese divided grated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 1 cup fontina shredded divided
- ☐ 0.5 cup basil leaves fresh chopped
- ☐ 2 tablespoons chives fresh divided chopped
- ☐ 2 tablespoons flat-leaf parsley fresh divided chopped
- ☐ 6 garlic cloves divided
- ☐ 12 lasagna noodles uncooked

- ☐ 25 ounce lower-sodium marinara sauce (such as Dell'Amore)
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 9 ounces part-skim ricotta cheese
- ☐ 0.5 cup red wine vinegar
- ☐ 12 ounces turkey sausage links italian hot
- ☐ 10.5 ounce mushroom caps stemmed sliced
- ☐ 1 large crookneck squash yellow cut into 1/4-inch-thick slices
- ☐ 6 cups water
- ☐ 1 large zucchini cut into 1/4-inch-thick slices

Equipment

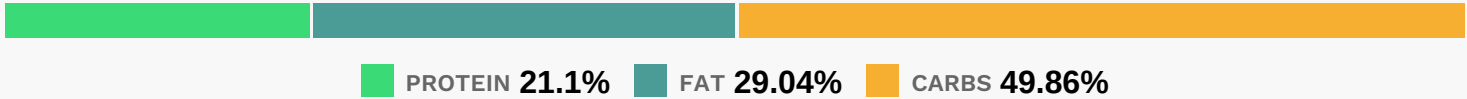
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ broiler
- ☐ slow cooker

Directions

- ☐ Combine ricotta, 2 tablespoons Asiago cheese, 1 tablespoon parsley, 1 tablespoon chives, pepper, and 1 garlic clove, grated, in a bowl; set aside.
- ☐ Bring 6 cups water to a boil in a large skillet; stir in red wine vinegar.
- ☐ Add squash and zucchini; cook 2 minutes.
- ☐ Drain.
- ☐ Heat skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage; cook 7 minutes, stirring to crumble. Stir in onion; cook 8 minutes or until onion is tender.
- ☐ Heat oil in a large saucepan over medium-high heat.

- ☐ Add mushrooms; cook 10 minutes or until mushroom liquid nearly evaporates. Mince 5 garlic cloves; stir into mushrooms. Stir in stock, basil, and marinara. Bring to a boil; remove from heat.
- ☐ To assemble lasagna, spoon 1 cup marinara mixture into the bottom of a 6-quart electric slow cooker. Top with 4 noodles, breaking noodles to fit cooker.
- ☐ Layer half of squash mixture, half of sausage mixture, and 1/4 cup fontina cheese over noodles; top with 1 cup marinara mixture. Arrange 4 noodles over marinara mixture; top with ricotta mixture.
- ☐ Sprinkle with 1/4 cup fontina; top with remaining half of sausage mixture and remaining half of squash mixture. Arrange remaining 4 noodles over squash mixture; top with remaining 1 1/2 cups sauce and 1/4 cup fontina. Cover and cook on LOW for 4 hours.
- ☐ Preheat broiler.
- ☐ Uncover slow cooker; sprinkle lasagna with remaining 1/4 cup fontina and remaining 2 tablespoons Asiago. Broil on middle rack of oven for 2 minutes or until cheese browns slightly.
- ☐ Sprinkle with remaining 1 tablespoon parsley and remaining 1 tablespoon chives.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.4, Glycemic Load:12.74, Inflammation Score:-10, Nutrition Score:26.963043425394%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 380.77kcal (19.04%), Fat: 12.54g (19.29%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 42.76g (15.55%), Sugar: 9.75g (10.84%), Cholesterol: 43.67mg (14.56%), Sodium: 883.98mg (38.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.5g (41%), Vitamin A: 8789.59IU (175.79%), Selenium: 39.04µg (55.77%), Vitamin C: 41.5mg (50.3%), Manganese: 0.79mg (39.45%), Phosphorus: 346.69mg

(34.67%), Iron: 5.62mg (31.25%), Vitamin B6: 0.6mg (29.97%), Potassium: 928.1mg (26.52%), Vitamin B3: 5.22mg (26.12%), Calcium: 257.81mg (25.78%), Vitamin K: 25.31µg (24.1%), Fiber: 5.67g (22.67%), Magnesium: 89mg (22.25%), Vitamin B2: 0.35mg (20.64%), Copper: 0.4mg (20.23%), Zinc: 2.9mg (19.32%), Vitamin E: 2.47mg (16.46%), Vitamin B5: 1.64mg (16.35%), Folate: 61.31µg (15.33%), Vitamin B1: 0.2mg (13.52%), Vitamin B12: 0.47µg (7.87%), Vitamin D: 0.24µg (1.58%)