



Spinach and Butternut Squash Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces asiago cheese shredded
- 18 ounce baby spinach fresh
- 1 tablespoon balsamic vinegar
- 0.5 teaspoon pepper black divided freshly ground
- 2 tablespoons butter
- 8 cups butternut squash cubed peeled () (2 1/4 pounds)
- 9 lasagna noodles cooked uncooked (8 ounces noodles)
- 0.3 teaspoon pepper red crushed
- 1 ounce flour all-purpose

- 4 garlic cloves minced
- 3 cups milk 2% reduced-fat
- 4 teaspoons olive oil divided
- 4 ounces parmigiano-reggiano cheese fresh grated
- 1.3 teaspoons salt divided
- 0.3 cup shallots minced
- 1 teaspoon or dried fresh chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- plastic wrap
- baking pan
- measuring cup
- dutch oven

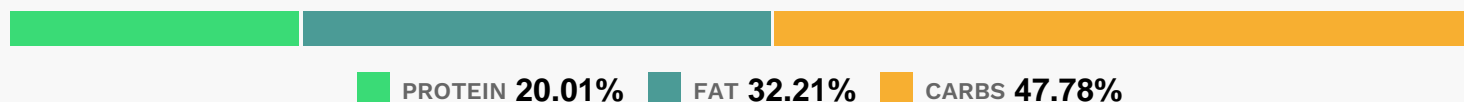
Directions

- Cook milk in a small, heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- Remove from heat; keep warm.
- Lightly spoon flour into a dry measuring cup; level with a knife. Melt butter in a medium nonstick saucepan over medium heat.
- Add shallots; cook 2 minutes or until tender. Reduce heat; add flour to pan, and cook 5 minutes or until smooth and golden, stirring constantly.
- Remove from heat; add about 2 tablespoons warm milk to flour mixture, stirring constantly with a whisk. Gradually add remaining warm milk, about 1/2 cup at a time, until mixture is

smooth, stirring constantly with a whisk. Stir in 1/2 teaspoon salt and 1/4 teaspoon black pepper. Bring to a boil; reduce heat, and cook until smooth and thickened.

- Remove from heat. Cover surface of milk mixture with plastic wrap; set aside.
- Preheat oven to 425
- Place squash in a large bowl.
- Add vinegar; toss to coat.
- Add 1 tablespoon oil; toss to coat. Arrange squash in a single layer on a jelly-roll pan coated with cooking spray.
- Sprinkle with 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, and thyme.
- Bake at 425 for 30 minutes, stirring after 15 minutes.
- Combine remaining 1 teaspoon oil, red pepper, and garlic in a Dutch oven over medium heat; cook 2 minutes, stirring constantly.
- Add spinach, 1 bag at a time; cook until wilted, stirring frequently.
- Add remaining 1/4 teaspoon salt; cook until liquid evaporates, stirring frequently.
- Reduce oven temperature to 350
- Spoon 1/3 cup milk mixture in bottom of a 13 x 9-inch baking pan coated with cooking spray. Arrange 3 noodles over milk mixture; top with spinach mixture, 2/3 cup milk mixture, 1/2 cup Asiago, and 1/4 cup Parmigiano-Reggiano. Arrange 3 noodles over cheese; top with squash mixture, 2/3 cup milk mixture, remaining 1/2 cup Asiago, and 1/4 cup Parmigiano-Reggiano. Arrange remaining 3 noodles on top of cheese; spread remaining 1/2 cup milk mixture over noodles.
- Sprinkle with the remaining 1/2 cup Parmigiano-Reggiano.
- Bake at 350 for 30 minutes or until bubbly.
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:12.74, Inflammation Score:-10, Nutrition Score:34.096956271192%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 407.3kcal (20.37%), Fat: 15g (23.08%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 44.1g (16.04%), Sugar: 9.54g (10.6%), Cholesterol: 33.88mg (11.29%), Sodium: 941.41mg (40.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.95%), Vitamin A: 21286.89IU (425.74%), Vitamin K: 314.27µg (299.3%), Manganese: 1.2mg (59.94%), Vitamin C: 48.82mg (59.18%), Calcium: 588.57mg (58.86%), Folate: 183.05µg (45.76%), Selenium: 29.34µg (41.92%), Phosphorus: 408.66mg (40.87%), Magnesium: 136.48mg (34.12%), Potassium: 1078.21mg (30.81%), Vitamin B2: 0.44mg (26.09%), Vitamin E: 3.85mg (25.67%), Vitamin B6: 0.49mg (24.46%), Iron: 4.34mg (24.1%), Fiber: 5.96g (23.84%), Vitamin B1: 0.29mg (19.11%), Zinc: 2.2mg (14.64%), Copper: 0.29mg (14.4%), Vitamin B3: 2.83mg (14.13%), Vitamin B12: 0.82µg (13.59%), Vitamin B5: 1.18mg (11.8%)