

Butternut Squash Lasagna

Servings: 6

Adapted from Barbara Seelig Brown, Cooking Light MARCH 2003

Ingredients

Cooking spray
1 cup chopped onion
3 cups fresh spinach
1/4 cup shredded low-fat mozzarella cheese
1 tablespoon dried parsley
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 large egg or egg white
1 (15-ounce) carton fat-free ricotta cheese
1 1/2 cups diced peeled butternut squash
1 1/4 cups marinara sauce (see recipe below)
6 oven-ready lasagna noodles
1/4 cup grated Parmesan cheese

Preparation

- 1) Preheat oven to 375°.
- 2) Heat a large Dutch oven or pot coated with cooking spray over medium-high heat. Add onion and sauté 4 minutes or until tender. Add spinach; sauté 1 1/2 minutes or until spinach wilts. Combine mozzarella, parsley, salt, pepper, egg, and ricotta cheeses in a large bowl.
- 3) Place squash in a microwave-safe bowl. Cover and cook on high 5 minutes or until tender.
- 4) Coat the bottom and sides of a (8-inch-square) baking dish with cooking spray. Spread 1/4 cup marinara in the bottom dish. Arrange 2 noodles over sauce; spread half of the cheese mixture over noodles. Arrange 3/4 cups squash over cheese mixture; spread 1/4 cup sauce over squash.
- 5) Arrange 2 noodles over sauce; spread other half of cheese mixture over the noodles. Arrange 3/4 cup onion mixture over cheese mixture; spread 1/4 cup sauce over spinach mixture.
- 6) Arrange 2 noodles over sauce and spread 1/2 cup Smoky Marinara evenly over noodles. Sprinkle with 1/4 cup Parmesan. Cover pan with foil.
- 7) Bake at 375° for 30 minutes. Uncover and bake an additional 30 minutes.

To freeze unbaked lasagna: Prepare through Step 6. Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer for up to 2 months.

To prepare frozen unbaked lasagna: Thaw completely in refrigerator (about 24 hours). Preheat oven to 375°. Remove foil; reserve foil. Remove plastic wrap; discard wrap. Cover lasagna with reserved foil; bake at 375° for 1 hour. Uncover

and bake an additional 30 minutes or until bubbly.

Marinara Sauce

Ingredients

1 tablespoon olive oil
3 garlic cloves, minced
2 teaspoons dried basil
2 teaspoons dried parsley
2 teaspoons dried oregano
1 teaspoon balsamic vinegar
Pinch of salt
Pinch of pepper
1 (28-ounce) can crushed tomatoes, undrained

Preparation

1) Heat oil in a large saucepan over medium heat. Add garlic, basil, parsley, and oregano; sauté 1 minute, stirring frequently.
2) Stir in vinegar and remaining ingredients. Reduce heat, and simmer 10 minutes.

**Keep left over sauce in freezer for another use.*