

Butternut Squash Lasagna

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under mozzarella cheese.

Makes: 6 servings

Ingredients

- ¼ teaspoon oil
- 1 onion diced
- 2 cloves garlic, minced
- 2 medium tomatoes, chopped
- ½ teaspoon oregano (or ¼ teaspoon dried)
- ½ teaspoon thyme (or ¼ teaspoon dried)
- ½ teaspoon basil (or ¼ teaspoon dried)
- ½ cup water
- 8 no-boil whole-wheat lasagna sheets
- 1 ¼ cups fresh spinach, cut into strips
- 1 medium butternut squash, peeled, seeded, and sliced ¼ inch
- ¾ cup mozzarella cheese, shredded



Directions

1. Preheat oven to 350°F.
2. Heat oil in a medium pan over medium-high heat. Add onions and garlic. Cook for 2-3 minutes or until tender. Add tomatoes, oregano, thyme, and basil. Reduce heat to low and simmer, uncovered, for 30 minutes, stirring occasionally. Add ½ cup water. Mix well.

3. Place pasta sheets in a bowl filled with hot water for 5 minutes.
4. Grease bottom and sides of an 8x8 inch baking pan.
5. To assemble:
 - a. Place 4 lasagna sheets overlapping, covering the bottom of the pan.
 - b. Cover evenly with a third of the tomato sauce (about $\frac{3}{4}$ cup).
 - c. Spread half of the spinach evenly over sauce (about $\frac{3}{4}$ cup).
 - d. Place half of the squash slices on top of spinach, slightly overlapping.
 - e. Repeat layering steps a-d.
 - f. Cover with remaining sauce (about $\frac{3}{4}$ cup).
6. Cover the baking pan tightly with aluminum foil and bake for 50 minutes or until squash is fork tender.
7. Remove lasagna from oven. Sprinkle cheese evenly over top.
8. Bake uncovered for 5 minutes or until cheese melts and browns slightly.
9. Remove lasagna from oven and allow to rest for 15 minutes before serving.

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