

# butternut squash lasagna

Serves: 6

Prep and Cook time: 1 hr 20 min

Per serving: 254 calories, 8.5 g fat, 560 mg sodium

1/4 tsp freshly ground black pepper

1 large egg

1 (15-oz) carton ricotta cheese

1 1/2 cups diced, peeled butternut squash

Cooking spray (oil or butter)

1 1/2 cups chopped onion

5 cup fresh, frozen, or canned spinach

1/2 cup shredded sharp provolone cheese, or any white cheese

1/4 cup chopped fresh flat-leaf parsley (optional)

1/2 tsp salt

3 cups marinara sauce (Ragu)

6 oven-ready lasagna noodles

1/2 cup grated Parmesan cheese (optional)

1. Preheat oven to 375°.

2. Heat a large pot coated with cooking spray over medium-high heat, or use some butter or oil. Add onion and sauté for 4 minutes or until tender. Add spinach; sauté 1 1/2 minutes or until spinach wilts. Combine provolone, parsley, salt, pepper, eggs, 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 1 (8-inch-square) baking dish with cooking spray. Spread 1/2 cup marinara sauce in the bottom of the prepared dish. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over noodles. Arrange the squash over cheese mixture; spread 3/4 cup sauce over squash.

5. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over the noodles. Arrange 1 1/2 cups onion mixture over cheese mixture; spread 3/4 cup sauce over spinach mixture.

6. Arrange 2 noodles over sauce; spread 1 cup marinara sauce evenly over noodles. Sprinkle with 1/2 cup Parmesan. Cover the pan with foil.

7. Bake for 30 minutes. Then, uncover and bake an additional 30 minutes.

Kitchen Tip: 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.

