

Butternut Squash & Spinach Lasagna

This delicious vegetarian lasagna recipe showcases seasonal vegetables. Butternut squash brings a sweet richness while spinach gives it a nutrition and flavor boost. As a bonus, this recipe makes an extra lasagna that you can freeze for an easy holiday-season meal.

Active: 45 mins

Total: 2 hrs 10 mins

Servings: 12



Ingredients

- 1 (15 ounce) container part-skim ricotta
- 2 cloves garlic, grated
- 1 teaspoon salt, divided
- 1 teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1 (11 ounce) package baby spinach
- 5 tablespoons unsalted butter
- 5 tablespoons white whole-wheat flour
- 2 ½ cups low-fat milk
- 2 ½ cups shredded Italian cheese blend, divided
- 1 tablespoon chopped fresh sage, plus more for serving
- 1 (9 ounce) package no-boil lasagna noodles
- 1 1.5-pound butternut squash, peeled, seeded and cut into 1/8-inch slices

Directions

Step 1

Preheat oven to 375°F. Coat two 8-inch-square baking dishes with cooking spray.

Step 2

Mix ricotta, garlic and 1/2 teaspoon each salt and pepper in a small bowl. Set aside.

Step 3

Heat oil in a large skillet over medium heat. Add spinach and cook, stirring, until mostly wilted, about 3 minutes. Transfer to a colander and press with the back of a spoon to release excess moisture. Set aside.

Step 4

Melt butter in a medium saucepan over medium heat. Whisk in flour and cook for 1 minute. Slowly whisk in milk. Cook, whisking often, until the sauce has thickened, about 5 minutes. Remove from heat. Stir in 1 1/2 cups cheese, sage and the remaining 1/2 teaspoon each salt and pepper until smooth.

Step 5

Spread 1/4 cup of the sauce in each of the prepared baking dishes. In each pan, add a layer of noodles, then cover with 1/3 cup of the ricotta, a layer of squash, ¼ cup spinach and 1/2 cup of the remaining sauce. Repeat the layers. To finish, divide the remaining noodles, sauce and 1 cup cheese between the pans. Cover one lasagna with plastic wrap, then foil. Refrigerate or freeze this lasagna.

Step 6

To bake, coat a piece of foil with cooking spray and cover the lasagna, sprayed-side down. Bake until lightly browned on top, about 1 hour. Let cool for 15 minutes. Serve topped with more sage, if desired. Cut into 6 squares.

Tips

To make ahead: Refrigerate unbaked lasagna for up to 2 days or freeze for up to 2 months. Remove plastic wrap and replace foil before baking (add 10 to 15 minutes to the baking time if frozen).

Nutrition Facts

Per Serving: 314 calories; fat 16g; cholesterol 43mg; sodium 449mg; carbohydrates 29g; dietary fiber 3g; protein 16g; sugars 4g; niacin equivalents 2mg; saturated fat 9g; vitamin a iu 7507IU.

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