

Butternut Squash Lasagna

Ingredients

3 cups chopped onion	1 (15-ounce) carton part-skim ricotta cheese
10 cups fresh spinach	1 (15-ounce) carton fat-free ricotta cheese
3/4 cup shredded sharp provolone cheese	3 cups diced peeled butternut squash
1/2 cup chopped fresh flat-leaf parsley	6 cups marinara sauce
1 tsp salt	12 no-bake lasagna noodles
1/2 tsp freshly ground pepper	1 cup (4 ounces) grated fresh parmesan cheese
2 large eggs	

Directions

1. Preheat oven to 375F
2. Heat large pot coated with cooking spray over medium high heat. Add onion and sauté 4 minutes or until tender. Add spinach and sauté 1-2 minutes or until wilted.
3. Combine provolone, parsley, salt, pepper, eggs and ricotta cheeses in large bowl.
4. Place squash in a microwave-safe bowl. Cover and cook on high 5 minutes or until tender.
5. Coat the bottom and sides of 2 (8-inch square) baking dishes with cooking spray. Spread 1/2 cup marinara sauce in the bottom of one prepared dish. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over noodles. Arrange 1 1/2 cups squash over cheese mixture; spread 3/4 cup sauce over squash.
6. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over the noodles. Arrange 1 1/2 cups onion and spinach over cheese mixture; spread 3/4 cup sauce over spinach mixture.
7. Arrange 2 noodles over sauce; spread 1 cup marinara over noodles. Sprinkle with 1/2 cup parmesan cheese.
8. Repeat procedure with remaining ingredients in remaining pan. Cover each pan with foil.
9. Bake at 375F for 30 minutes, uncover and bake an additional 30 minutes.

** To freeze unbaked lasagna cover with plastic wrap, pressing to remove air. Wrap with heavy-duty foil. Store in freezer up to 2 months. To prepare, thaw in refrigerator 24 hours. Preheat oven to 375F. Remove foil and plastic wrap. Cover in foil and bake 1 hour. Uncover and bake additional 30 minutes.

Nutrition Information makes 2 lasagnas, 6 servings per pan

Per Serving

Calories: 254

Fat: 9 g

Cholesterol: 69 mg

Sodium: 560 mg

Carbohydrate: 28 g

Fiber: 3 g

Protein: 19 g



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