# BUTTERNUT SQUASH LASAGNA

## Ingredients:

- 1 large butternut squash, peeled, halved & seeded
- 4T extra-virgin olive oil
- 1 sweet onion, thinly sliced
- 3 garlic cloves, thinly sliced
- 4 cups fresh spinach
- One 15-ounce container part-skim ricotta
- 2T fresh sage, chopped
- ¼ tsp nutmeg
- Kosher salt
- Freshly ground black pepper
- ⅓ cup grated part-skim mozzarella cheese
- Can add cooked ground lean protein or lean sausage to increase the protein!




## Directions:

1. Preheat the oven to 350°. Lightly grease a large casserole dish with nonstick spray.
2. Prepare the squash noodles: Cut off the lower third of the squash (the part where the seeds have been removed) and reserve for another use. Slice the neck of the squash into long strips that resemble wide lasagna noodles, about ⅛ inch thick. It is helpful to use a mandolin, but a long slicing knife will also work.
3. Bring a large pot of salted water to a boil. Cook squash noodles until slightly tender, 4 to 5 minutes, then gently remove noodles with a slotted spoon.
4. Prepare spinach: Heat 1 tablespoon of olive oil in a large sauté pan. Add onions and cook until translucent, 4 to 5 minutes. Add garlic and cook until fragrant, about a minute. Add spinach in batches, allowing it to cook down before adding more. Cook until all the spinach is wilted, 5 to 6 minutes.
5. In a medium bowl, mix the ricotta with the nutmeg and sage. Cover the bottom of the prepared casserole dish with a layer of squash noodles. Top with a third of the ricotta mixture and gently spread it evenly. Drizzle with 1 tablespoon of olive oil and sprinkle with salt and pepper. Top with half of the spinach mixture. Continue layering, and finish with a layer of squash, ricotta and a final drizzle of oil. Top with mozzarella cheese.
6. Bake until the filling is bubbling and mozzarella is golden brown, 35 to 40 minutes. Let cool 15 to 20 minutes before serving. Makes 6 servings.

NUTRITION PER SERVING:

Per serving: 281 calories, 17g fat, 24g carbs, 12g protein, 5g sugars

ALLOY®