

# Butternut Squash Lasagna



*This healthy take on lasagna features the nutrient packed superfoods butternut squash and kale.*



## Nutrition Info

**Makes:** 38 fluid ounces

= 4 <sup>3</sup>/<sub>4</sub> cups

= 1125 milliliters (mL)

**Calories:** 980 kcal

**Kcals/ mL:** 0.87 kcal/ mL

**Carbohydrate:** 53%

**Protein:** 18%

**Fat:** 29%

**Make it for the whole family:**

<https://www.foodnetwork.com/recipes/food-network-kitchen/squash-and-spinach-lasagna-recipe-2112101>.

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## Ingredients

- 2 cups 2 % milk
- 1 cup cubed, cooked butternut squash
- 1 cup kale or other leafy greens, fresh, chopped
- 2 tablespoons red or white onion, chopped
- ¼ cup fresh parsley, chopped
- 1 clove garlic
- ¼ cup shredded mozzarella cheese
- ½ cup white beans, canned and drained
- 1 ½ cup of cooked 51% whole grain pasta such as elbows
- 1 tablespoon olive oil
- ¼ teaspoon dried sage
- ¼ teaspoon ground black pepper

## Kitchen Gear

Medium pot

Chef knife

Cutting board

High power blender

Measuring tools:

- 1 cup, ½ cup, ¼ cup
- Tablespoon
- ¼ teaspoon

## Preparation

1. Wash all produce.
2. Cook pasta according to package and let cool.
3. Add ingredients to blender in order listed.
4. Blend until smooth and free of chunks. Strain if necessary.
5. Thin as desired with water or other fluid such as milk or milk alternative.

## Tips

Buy pre-cut butternut squash and roast it in the oven with a sprinkle of salt, cinnamon and garlic powder for the whole family to enjoy. It's really delicious.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
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