



A Nutrition Resource

SQUISH SQUASH LASAGNA

Yield: 6 Servings

Cost/Serving: \$1.82

Ingredients:

1/2 cup onions, *diced*

1 1/2 tsp garlic, *minced*

1 tsp canola oil

1 1/2 cups tomatoes, canned low-sodium, *diced*

pinch of dried oregano, dried thyme, and dried basil

2 oz (8 sheets) of whole wheat lasagna sheets, *no boil*, 3 1/2 In x 7 In sheets

3 1/2 cups butternut squash, peeled, sliced 1/4 In

2 cups spinach, fresh, *sliced 1/8 in*

3/4 cup low-fat mozzarella cheese low-moisture, part-skim, *shredded*

Directions:

1. To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.
2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets when dish is ready to be assembled.
3. Assembly: lightly coat baking dish or pan with pan release spray. Spread Ingredients evenly across each pan. First layer: lasagna sheets, slightly overlapping approximately 1 inch, 1/3 tomato sauce, 1/2 of spinach, 1/2 of squash slices slightly overlapping. Second layer: repeat first layer. Third layer: rest of the tomato sauce (about 1/3).

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4. Cover with foil and bake until squash is fork tender. Conventional oven: 350°F for 60-75 minutes. Convection oven: 350°F for 40 -55 minutes
5. Remove from oven. Sprinkle cheese evenly over each pan of lasagna.
6. Bake uncovered until cheese starts to brown slightly. Conventional oven: 350°F for 15 minutes. Convection oven: 350°F for 10 minutes.
7. Remove from oven and allow to set for 15 minutes before serving.
8. Cut lasagna and serve.

Nutrition Facts

6 servings per container
Serving size 1/2 cup (0.0g)

Amount Per Serving
Calories **110**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 200mg **15%**

Iron 1.1mg **6%**

Potassium 440mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MT Harvest of the Month and Healthy Kids Cookbook for Schools, USDA

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