

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

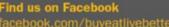
Directions:

- 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).

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter













This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



- 4. Cover with foil and bake until squash is fork tender. Conventional over: 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 Fa	cts
6 servings per container Serving size 1/2 cu	p (0.0g)
Amount Per Serving Calories	110
	aily 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 serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

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

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest pinterest.com/buyeatlive







