

BUTTERNUT SQUASH



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BUTTERNUT SQUASH LASAGNA

Recipes

Fun Facts

- AUSTRALIANS ACTUALLY CALL THE BUTTERNUT SQUASH A BUTTERNUT PUMPKIN
- IT IS ONE OF THE LONGEST KEEPING VEGETABLES, LASTING OVER 3 MONTHS WHEN STORED PROPERLY
- BUTTERNUT SQUASH AND PUMPKINS ARE VERY SIMILAR, HOWEVER A PUMPKIN IS CLASSIFIED AS A FRUIT, WHERE AS BUTTERNUT SQUASH IS CLASSIFIED AS A VEGETABLE.
- IT IS LOW IN SALT, FAT AND CONTAINS FEW CALORIES, 63 CALORIES PER ONE CUP SERVING, HAS A GREAT SOURCE OF A COMPLEX CARBOHYDRATE PROVIDING A SLOWER SUSTAINABLE RELEASE OF ENERGY, AND IS ALSO A RICH SOURCE OF ANTIOXIDANTS.

Butternut Squash has Vitamins A, C, D, B-6, B-12, Iron, Calcium, and Magnesium.

BUTTERNUT SQUASH LASAGNA

Ingredients and Time:

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| - 3 pounds butternut squash, halved and seeded | - 3 tablespoons vegetable oil | - 1 quart milk |
| - 1/2 teaspoon salt | - 1/4 cup unsalted butter | - 2 tablespoons minced garlic |
| - salt and pepper to taste | - 1 cup heavy cream | - 9 no-cook lasagna noodles |
| - 1 1/3 cups finely grated Parmesan cheese | | |

Directions:

- Preheat oven to 450 degrees. Grease baking sheet
- Brush the butternut squash halves with vegetable oil and season with salt. Roast in the preheated oven until golden and easily pierced with a knife, 45-50 minutes. Allow to cool, 15-20 minutes, then scoop the flesh into a bowl. Set aside.
- Heat the butter in a large skillet over medium-low heat. Cook and stir in garlic in the butter until softened. Stir in flour and cook for 3 minutes. Whisk in the milk until smooth. Bring to a simmer, and cook until thick, about 10 minutes, whisking occasionally. Stir in the butternut squash and season with salt and pepper.
- Reduce oven temp to 375 degrees. Grease 9x13 inch baking dish
- Beat the heavy cream until foamy in a large glass or metal mixing bowl. Gradually add the salt, continuing to beat until medium peaks form. Pour one cup of the sauce into the baking dish and place 3 lasagna noodles on top in a single layer. Spread half of the remaining sauce over the noodles and sprinkle with 1/2 cup Parmesan cheese. Place another layer of noodles and spread the remaining sauce on top and sprinkle with 1/2 cup of Parmesan cheese. Place the final layer of noodles on top. Spread the whipped cream over the final layer of noodles making sure the pasta is completely covered. Sprinkle with the remaining 1/3 cup of Parmesan Cheese. Cover baking dish tightly with aluminum foil.
- Bake in the preheated oven for 30 minutes. Remove foil and continue baking until the top is bubbly and golden brown, about 10 minutes. Allow to set for 5 minutes before serving.