



Butternut Squash Lasagna

Fall

Winter

Spring

Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving

Calories	289 kcal
Protein	14.76 g
Carbohydrate	37.97 g
Total Fat	8.80 g
Saturated Fat	4.18 g
Cholesterol	36.53 mg
Vitamin A	1017.69 IU
Vitamin C	8.67 mg
Iron	1.92 mg
Calcium	249.89 mg
Sodium	505.40 mg
Dietary Fiber	2.42 g

EQUIVALENTS: 1 serving provides
1/8 cup red/orange vegetable, .75 oz
equiv meat/meat alternate and .25 oz
equiv grain.

Recipe HACCP Process: #2 Same Day Service

Butternut Squash Lasagna • 48 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			① Preheat convection oven to 350°F or conventional oven to 375°F.
Butternut squash	6 lb		② Cut squash in half lengthwise and scoop out the seeds. Place cut side down on a full sheet pan. Bake until soft, 30 to 40 minutes. When cool, scoop out flesh and purée in a food processor.
			To make the sauce:
Salted butter		½ cup	③ Heat butter and oil in a large saucepan over medium-high heat. Add onions, celery and parsnips. Cook, stirring occasionally, until beginning to brown and soften, 10 to 15 minutes.
Vegetable oil		½ cup	
Diced onions (½-inch pieces)		2 cups	
Diced celery (½-inch pieces)		1 cup	
Peeled, diced parsnips (½-inch pieces)		1 cup	
Enriched all-purpose flour		2 cups	④ Reduce heat to medium. Sprinkle the vegetables with flour and stir to coat. Stir in milk and stock. Cook, stirring, until thickened, about 10 minutes. Stir in 1 tsp salt. Remove from the heat.
Nonfat milk		1½ quart	
Vegetable stock		1 quart + 1 cup	
Table salt		2 tsp, divided	
Ground dried sage		2 tsp	⑤ Stir sage and nutmeg into the sauce. Purée with an immersion blender (or in batches in a blender or food processor) until smooth.
Ground nutmeg		1 tsp	
			To make the fillings:
Cottage cheese, nonfat	2 lb 8 oz	1 qt + ¾ cup	⑥ Stir together the puréed squash, cottage cheese, eggs, 9 oz mozzarella, 1½ cups Parmesan, five-spice powder, coriander and 1 tsp salt in large mixing bowl. (It's OK if there are lumps of squash.)
Eggs		5 large	
Shredded part-skim mozzarella cheese	1 lb 9 oz, divided		
Grated Parmesan cheese		2½ cups, divided	
Chinese five-spice powder		1½ Tblsp	
Ground coriander		1½ Tblsp	

recipe continues on next page.

Butternut Squash Lasagna • continued

INGREDIENTS	WEIGHT	MEASURE	METHOD
			7 Combine the remaining 1 lb mozzarella and 1 cup Parmesan in a medium bowl. Set aside.
			8 Reduce oven temperature to 325°F (convection) or 350°F (conventional). Coat two 2-inch full hotel pans with cooking spray.
			To assemble each lasagna:
Pasta sheets (4½ oz each)		12 sheets	9 Spread 1 cup sauce in the bottom of a prepared pan. Top with 2 pasta sheets. Dollop 2½ cups of the squash mixture on the pasta sheets. Drizzle with 1 cup sauce. Repeat with 2 pasta sheets, 2½ cups squash mixture and 1 cup sauce. Top with 2 pasta sheets, 1 qt of sauce and sprinkle with half of the cheese mixture. Repeat in the second prepared pan.
			10 Coat 2 pieces of foil with cooking spray. Cover each lasagna, sprayed side down, with the foil. Bake until the sauce is bubbling, 40 to 50 minutes. Let cool 15 minutes before cutting each pan into 24 pieces.

NOTES

If you already have roasted butternut squash on hand, skip Step 2 and add 1½ quarts purée in Step 6.