

## Butternut Squash & Sage Lasagna

2 lg. onions, each cut in half, then cut crosswise into  $\frac{1}{4}$  in slices  
2 Tbsp olive oil  
Salt & Pepper  
2 med. Butternut squash (2lb each) each cut in half and seeded  
7c low fat milk  
 $\frac{1}{2}$  c cornstarch  
 $\frac{1}{4}$ c packed fresh sage leaves chopped  
 $\frac{1}{4}$  tsp ground nutmeg  
2 c freshly grated Parmesan cheese (6oz)  
12 no-boil lasagna noodles (from 8-9 oz pkg)  
3 pkg. (10oz each) frozen chopped spinach, thawed and squeezed dry

Preheat oven to 450°. In large bowl, toss onions with oil,  $\frac{1}{4}$  tsp salt &  $\frac{1}{4}$  tsp coarsely ground black pepper. Place onion in one 15  $\frac{1}{2}$ "X 10  $\frac{1}{2}$ " jelly-roll pan. Line a second jelly-roll pan with foil; arrange squash, cut side up. Sprinkle with  $\frac{1}{4}$  tsp salt &  $\frac{1}{4}$  tsp coarsely ground black pepper. Cover pan with squash tightly with aluminum foil. (Do not cover onions). Roast both pans of vegetables 45 minutes or until squash is tender and onions are browned, stirring onions half way through cooking. Reset oven to 375°.

Meanwhile, in 5 quart saucepan (do not use a smaller pot; milk mixture may boil over), heat 6 cups milk on medium high just to simmering, stirring occasionally. In small bowl, whisk cornstarch into remaining 1 cup milk. Add cornstarch mixture to simmering milk in pot; heat to a full rolling boil, stirring constantly, (Make sure to scrape bottom of saucepan to prevent scorching) Boil 1 minute, stirring constantly. Remove from heat, stir in sage, nutmeg, 1  $\frac{1}{2}$  cup Parmesan, 1 tsp salt & 1.4 tsp coarsely ground pepper.

When Vegetables are done, scrape squash into food processor with knife blade attached, discard skins. Add onions to processor; puree until smooth. You should have 4 cups puree.

Into each of two 8X8 glass or ceramic baking dishes, spoon  $\frac{1}{2}$  cup white sauce to cover bottoms. Arrange 2 lasagna noodles over sauce in each casserole. Evenly spread 1 cup squash puree, then  $\frac{3}{4}$  cup chopped spinach over noodles in each casserole. Top each with 1 cu sauce. Repeat layering one time, starting with noodles. Top each with 2 more noodles. Spread remaining sauce over noodles; sprinkle with remaining Parmesan.

Cover one casserole with aluminum foil. Place casserole on cookie sheet (to catch any spills during baking) in oven and bake 30 minutes. Uncover & bake 15 minute longer or until hot & bubbly. Let stand 10 minute, prepare second casserole for freezing.

Each serving about 335 calories, 17g protein, 46 g carbohydrates, 10 g total fat (4g saturated) 5 g fiber, 17 mg cholesterol, 750 mg sodium.

To reheat after thawing 24 hours

Heat oven to 350°. Heat covered for 1 hour. Uncover & heat 30 minutes longer.