



Acorn Squash Lasagna

Recipe Source: www.marthastewart.com

Serves 4-6

Ingredients:

- 4 cups basic acorn squash puree (directions below), or 2 (12 oz) packages frozen winter squash puree, thawed
- ½ tsp dried rubbed sage
- Coarse salt and ground pepper
- 1 (15 oz) container part-skim ricotta cheese
- 1 cup freshly grated Parmesan cheese, divided
- 8 no-boil whole wheat lasagna noodles (half an 8 oz package)

Steps:

- Preheat oven to 400°. Lightly brush an 8-inch square baking dish with canola oil, set aside. In a medium bowl, mix squash puree with sage, 1 ½ tsp salt, and ¼ tsp pepper.
- In another bowl, mix ricotta with ½ cup Parmesan, 1 tsp salt, and ¼ tsp pepper. Set aside.
- Lay 2 lasagna noodles in the bottom of prepared dish. Spread with half the squash mixture. Layer with 2 more noodles and spread with half the ricotta mixture. Repeat layering with remaining noodles and mixtures. Sprinkle top (ricotta mixture) with remaining ½ cup Parmesan.
- Cover baking dish with foil, place on a rimmed baking sheet. Bake until lasagna is heated through, about 45 minutes. Remove foil and continue baking until golden on top, 20-25 minutes.
- To make 4 cups basic acorn squash puree:*
 - Preheat oven to 400°. Place 2 whole acorn squash on a rimmed baking sheet. Bake, turning occasionally, until very tender when pierced with the tip of a paring knife, about 1 hour.
 - When cool enough to handle, halve each squash lengthwise. Scoop out and discard seeds. Scrape out flesh from halves and transfer to a food processor or blender. Process until smooth.
 - The squash can also be cooked in the microwave: Place whole squash on a paper towel. Microwave on high, turning occasionally, until very tender when pierced with the tip of a paring knife, 20 to 25 minutes. Proceed with second step.

Tips from the Test Kitchen: Squash puree can be made ahead of time and refrigerated or frozen to use later.

Nutritional Facts: Calories: 238, Carbohydrates: 26 grams, Protein: 14 grams, Total Fat: 10 grams, Saturated Fat: 6 grams, Cholesterol: 33 mg, Sodium: 316 mg, Fiber: 5 grams, Total Sugars: 0 grams.