

## Spinach and Squash Vegetarian Lasagna



Preparation time	<b>40 minutes</b>
Cooking time	<b>80 minutes</b>
Servings	<b>8</b>
Cost per serving	<b>\$2.22</b>
Storage	<b>3 days in the fridge. Can be frozen.</b>
Kitchen tools	<b>Measuring cups and spoons, cutting board, sharp knife, 9 x 13-inch baking dish, large pot, colander, frying pan, medium-size bowl, wooden spoon.</b>

## Ingredients



12 **lasagna noodles**



30 ml (2 tbsp) **canola oil**



1 large or 2 small **yellow onions**, peeled and chopped



1 L (4 cups) **butternut squash**, peeled and diced (about 900 g/2 lbs)



**Salt and pepper**

*DOUBLE OUR BÉCHAMEL RECIPE!*



1 L (4 cups) **béchamel (white sauce)**

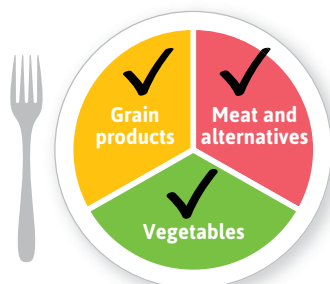


500 g (1 sac) **frozen spinach**, thawed and drained



300 g grated **mozzarella cheese** (about 500 ml / 2 cups)

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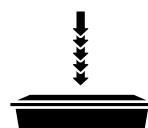



## Balanced plate

Serve with:

? Vegetables (salad, for example) to round out the serving

**N.B.:** This recipe contains enough protein because of the milk and cheese. But, because it's best to have one serving from the meat and alternatives food group at each meal, you can add a nut- or bean-based dessert such as peanut butter and chocolate energy balls or peanut butter cookies.

## Directions

1	Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil a 9 x 13-inch baking dish.	
2	Bring a large pot of <b>water</b> to a boil over high heat. Add <b>lasagna noodles</b> and cook as indicated on the package. Drain and rinse with cold water. Set aside. <b>Tip:</b> Use the cooking time to cut up the vegetables and go to step 3.	
3	In a frying pan, heat the <b>oil</b> over medium heat and cook <b>onions</b> and <b>squash</b> for about 15 minutes, stirring occasionally. Add <b>salt</b> and <b>pepper</b> .	
4	In a medium-size bowl, mix 500 ml (2 cups) of the <b>béchamel</b> with the drained <b>spinach</b> .	
5	Assemble the lasagna: <b>A.</b> Spread <b>half of the spinach mixture</b> over the bottom of the baking dish and cover with a layer of 3 lasagna noodles. <b>B.</b> Add <b>half the squash</b> and <b>125 ml (½ cup) of the mozzarella</b> .	
6	<b>C.</b> Spread <b>125 ml (½ cup) of the béchamel</b> (without the spinach) and cover with another layer of noodles. <b>D.</b> Repeat steps A to C, using the other half of the vegetables.	
7	<b>E.</b> Spread the remaining <b>béchamel</b> on top of the vegetables and cover with the remaining <b>mozzarella</b> .	
8	Bake for about 45 minutes, or until the cheese is golden brown. Let sit for about 15 minutes before serving. <b>Tip:</b> Use the cooking time to prepare your side dishes.	

My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition