



Squish Squash Lasagna

Source: *Healthy Kids Cookbook for Schools, USDA*

Servings

6

Ingredients

1/2 cup onions, *diced*
1 1/2 tsp garlic, *minced*
1 tsp canola oil
1 1/2 cups tomatoes, *canned low-sodium, diced*
Pinch of dried oregano, dried thyme, and dried basil

Preparation

1. To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.
2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets when dish is ready to be assembled.
3. Assembly: lightly coat baking dish or pan with pan release spray. Spread ingredients evenly across each pan. First layer: lasagna sheets, slightly overlapping approximately 1 inch, 1/3 tomato sauce, 1/2 of spinach, 1/2 of squash slices slightly overlapping. Second layer: repeat first layer. Third layer: rest of tomato sauce (about 1/3).
4. Cover with foil and bake until squash is fork tender. Conventional over: 350°F for 60-75 minutes. Convection oven: 350° for 40-55 minutes.
5. Remove from oven. Sprinkle cheese evenly over each pan of lasagna.
6. Bake uncovered until cheese starts to brown slightly. Conventional oven: 350°F for 15 minutes. Convection oven: 350°F for 10 minutes.
7. Remove from oven and allow to set for 15 minutes before serving.
8. Cut lasagna and serve.

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2 oz (8 sheets) of whole wheat lasagna sheets, *no boil, 3 1/2 in x 7 in sheets*
3 1/2 cups butternut squash, *peeled, sliced 1/4 in*
2 cups spinach, *fresh, sliced 1/8 in*
3/4 cup low-fat mozzarella cheese, *low-moisture, part-skim, shredded*



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