

Butternut Squash and Kale Lasagna

Dash Magazine - October 2014

Servings: 8

*4 tablespoons unsalted butter
1/4 cup all-purpose flour
4 cups whole milk
1 bunch (6 packed cups) kale,
stemmed and chopped
1/2 teaspoon nutmeg
Kosher salt
pepper
2 cups mozzarella cheese, shredded
1 1/2 cups pecorino, grated
8 ounces lasagna noodles (not no-boil)
1/2 medium (one pound) butternut
squash, peeled and sliced 1/4-inch
thick*

Preparation Time: 20 minutes

Melt the butter in a large pot over medium heat. Add the flour and cook, stirring occasionally, for 1 minute.

Pour in the milk, whisking, and bring to a simmer, whisking occasionally. (The mixture may be lumpy.) Stir in the kale, cover, and simmer until the kale is wilted, about 5 minutes. Add the nutmeg and season to taste with salt and pepper.

Combine the cheeses in a bowl. Arrange one-third of the uncooked lasagna noodles in a 5- or 6-quart slow cooker, breaking to fit. Top with 1/3 of the kale mixture, 1/3 of the cheese and 1/2 of the squash. Repeat, layering, with the remaining ingredients.

Cover and cook on LOW until the squash is tender and the lasagna is starting to brown around the edges, about three hours.

Let stand 15 minutes. Serve.

Start to Finish Time: 3 hours 20 minutes

Per Serving (excluding unknown items): 388 Calories; 18g Fat (39.8% calories from fat); 16g Protein; 44g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 188mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat.

Pasta

Per Serving Nutritional Analysis

% Calories from Fat:	39.8%
% Calories from Carbohydrates:	44.4%
% Calories from Protein:	15.7%
Total Fat (g):	18g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	57mg
Carbohydrate (g):	44g
Dietary Fiber (g):	3g
Protein (g):	16g
Sodium (mg):	188mg
Potassium (mg):	670mg
Calcium (mg):	379mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	34mg
Vitamin A (i.u.):	9672IU
Vitamin A (r.e.):	1081RE

Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	51mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 388 Calories from Fat: 155

		% Daily Values*
Total Fat	18g	27%
Saturated Fat	11g	53%
Cholesterol	57mg	19%
Sodium	188mg	8%
Total Carbohydrates	44g	15%
Dietary Fiber	3g	11%
Protein	16g	
Vitamin A		193%
Vitamin C		56%
Calcium		38%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.