

Winter Squash & Spinach Lasagna

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Servings: 4

*10 ounces cottage cheese
10 ounces frozen chopped spinach,
thawed and squeezed dry
3/4 cup part-skim mozzarella,
coarsely grated, divided
4 tablespoons grated pecorino cheese,
divided
1/2 teaspoon Kosher salt
1/4 teaspoon pepper
1/8 teaspoon grated nutmeg
1 1/4 cups frozen squash puree',
thawed and divided
8 no-boil lasagna noodles, divided
1/2 cup creme fraiche
1 tablespoon water*

Preparation Time: 10 minutes

Preheat the oven to 425 degrees.

In a food processor, puree' the cottage cheese and spinach until smooth. Transfer to a bowl. Fold in 1/2 cup of mozzarella cheese, 2 tablespoons of pecorino cheese, 1/2 teaspoon of Kosher salt, 1/4 teaspoon of pepper and 1/8 teaspoon of nutmeg.

Spread 1/2 cup of squash puree' on the bottom of an eight-inch-square baking dish. Top with two lasagna noodles. Spread 1/4 cup of the squash puree' over the top. Dollop with 3/4 cup of the cheese mixture. Top with two more lasagna noodles, then spread 1/4 cup of the squash puree' and dollop another 3/4 cup of the cheese mixture. Repeat the layers with two lasagna noodles, squash puree and cheese mixture. Place two lasagna noodles on the top.

In a bowl, combine 1/2 cup of creme fraiche and one tablespoon of water. Spread over the top of the noodles. Sprinkle with 1/4 cup of mozzarella and two tablespoons of Pecorino.

Cover tightly with oiled foil. Bake for 15 minutes. Uncover. Bake until the noodles are tender and the top is golden brown, 8 to 10 minutes. Broil for 2 minutes.

Per Serving (excluding unknown items): 163 Calories; 10g Fat (54.4% calories from fat); 13g Protein; 7g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 589mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.