

BUTTERNUT SQUASH WITH CARAMELIZED ONION LASAGNA

Ingredients

2 lbs. Butternut squash
2 Cloves garlic, minced
1-1/2 C. Romano cheese, grated
1/4 C. Dry bread crumbs
1/4 tsp. Ground nutmeg, salt and pepper, to taste
7 C. Sliced onions
2 Tbsp. Vegetable or olive oil

Method

Halve and seed squash and place cut-side down in baking dish. Add 1/4 inch water to dish, cover and bake in a 400° oven for 35 minutes or until tender. Scoop out squash and mash with garlic, 1/4 C. Romano cheese, bread crumbs and nutmeg. Salt and pepper to taste. Turn onions into large skillet and sauté for 15 minutes in oil until tender and golden. Boil noodles as package directs, drain and rinse. To assemble, place half the noodles in oiled 13x9-inch baking pan. Layer all squash mixture evenly over noodles. Top with all onions. Dab ricotta cheese over onions then add mozzarella and 1 C. Romano

8 oz. Lasagna noodles
1 C. Low-fat ricotta cheese
8 oz. Mozzarella cheese, sliced

Red Pepper Sauce

2 Red bell peppers
1/3 C. Olive oil
1 Clove garlic

cheese. Layer last half noodles on top and sprinkle with final 1/4 C. Romano cheese. Cover and bake in a 400° oven for 40 minutes. Uncover and bake 10 to 15 minutes longer or until hot throughout.

For Red Pepper Sauce: Broil peppers on pan, turning often, until blistered and blackened on each side. Place in plastic bag and steam 10 minutes. Peel, seed and dice to get about 1 C. Combine peppers with olive oil and garlic in electric blender and puree.

