

Squash and Leek Lasagna

PREP TIME

1 hour

TOTAL TIME

3 hours,
15 minutes

INGREDIENTS

- 10 ounces lasagna noodles, preferably whole-wheat
- 2 tablespoons unsalted butter
- 4 large or 5 medium leeks, pale green and white parts only, thinly sliced and washed thoroughly (about 6 cups)
- ½ cup all-purpose flour
- 4 cups nonfat milk
- 1 teaspoon dried thyme
- 1 teaspoon salt
- ¾ teaspoon freshly grated nutmeg
- ½ teaspoon freshly ground pepper
- 2 butternut squash (about 2 pounds each), peeled, halved, seeded and grated using the large-hole side of a box grater
- 6 ounces Parmigiano-Reggiano cheese, grated
- ¼ cup toasted pine nuts (see Tips)

YIELD

12 servings

**EACH SERVING
CONTAINS:**Calories: **277**Fat: **9 g**Carbohydrates: **37 g**Protein: **14 g**Fiber: **6 g**Sodium: **464 mg**Potassium: **514 mg**

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INSTRUCTIONS

1. Preheat oven to 350 degrees. Coat a 9-by-13-inch baking dish with cooking spray.
2. Bring a large pot of water to a boil. Cook noodles until not quite al dente, about 2 minutes less than the package directions. Drain, return the noodles to the pot and cover with cool water.
3. Melt butter in a Dutch oven over medium heat. Add leeks; cook, stirring often, until softened, about 6 minutes. Sprinkle flour over the leeks; stir well. Cook, stirring constantly, for 2 minutes.
4. Whisk in milk in a slow stream and cook, whisking constantly, until thick and bubbling, 8 to 10 minutes. Whisk in thyme, salt, nutmeg and pepper. Remove from the heat.
5. Assemble lasagna in the prepared baking dish by layering a third of the noodles, a third of the sauce, half the squash, a third of the cheese, half the remaining noodles, half the

remaining sauce, all the pine nuts, all the remaining squash, half the remaining cheese, all the remaining noodles, all the remaining sauce and all the remaining cheese. Cover with parchment paper and then foil.

6. Bake the lasagna for 50 minutes. Uncover and bake until bubbling and lightly browned, 30 to 45 minutes more. Let stand for 10 minutes before serving (or see Tips to make ahead).

TIPS

- To make ahead: Bake, let cool for 1 hour, cover with parchment paper then foil and refrigerate for up to 3 days. Reheat, covered, at 350 degrees for 1 hour, then uncovered for 30 minutes more.
- To toast pine nuts: Cook in a small, dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.