Squish Squash Lasagna

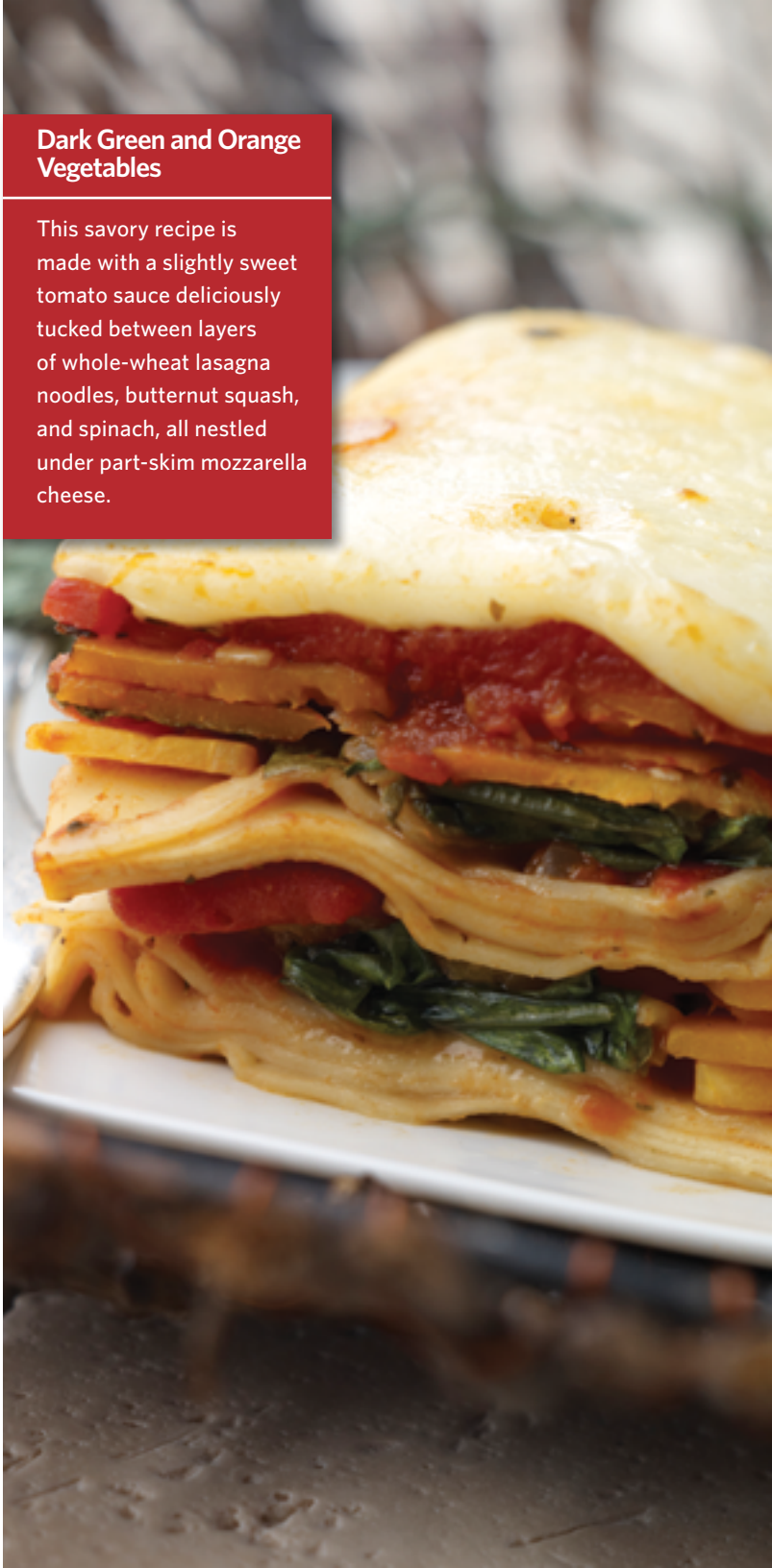
LIBERTY ELEMENTARY SCHOOL
Powell, Ohio

Our Story

The team from Liberty Elementary School wanted to create a tasty recipe that would be enjoyed by kids. They started the recipe development process by sending survey questions to students in 4th and 5th grades. With feedback from students, they developed Squish Squash Lasagna. This tantalizing dish features butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin that children are sure to enjoy. After sampling the Squish Squash Lasagna recipe, many students returned for second helpings. That's when the team knew that the Squish Squash Lasagna recipe was a hit. Give your kids some excitement by serving this mouthwatering main dish at mealtime!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Jackie Billman
CHEF: Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)
COMMUNITY MEMBERS: Nicole Hancock and Michelle Lounsbury
STUDENTS: Tori L., Alexis H., Leah L., and Buddy F.



Dark Green and Orange Vegetables

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

Squish Squash Lasagna

Ingredients

¼ tsp Canola oil

¾ cup Fresh onions, peeled, diced

2 tsp Fresh garlic, minced

1 ½ cups Canned low-sodium diced tomatoes

¼ tsp Dried oregano

¼ tsp Dried thyme

¼ tsp Dried basil

8 Whole-wheat lasagna sheets, no-boil, 3 ½" x 7" sheets

1 ¼ cups Fresh spinach, julienne cut "shoestring strips" ⅛"

22 slices Fresh butternut squash, peeled, seeded, sliced ¼" (1 medium)

¾ cup Low-fat mozzarella cheese, low moisture, part skim, shredded (3 oz)

Preparation Time: 30 minutes
Cooking Time: 1 hour 35 minutes
Makes six servings

Directions

1. Preheat oven to 350 °F.

2. Heat canola oil in a medium pot over medium-high heat. Add onions, and garlic. Cook for 2-3 minutes or until tender. Add tomatoes, oregano, thyme, and basil. Reduce heat to low and simmer, uncovered, for 30 minutes, stirring occasionally. Add ½ cup water. Mix well.

3. Divide sauce into 3 equal parts (about ¾ cup each) and set aside for step 6.

4. Place pasta sheets in a bowl filled with hot water for 5 minutes. Remove sheets as needed to assemble lasagna.

5. Spray bottom and sides of an 8" x 8" nonstick baking pan with nonstick cooking spray.

6. To Assemble:

- **a.** Place 4 lasagna sheets overlapping, covering the bottom of the pan
- **b.** Cover evenly with about ¾ cup tomato sauce
- **c.** Spread half of the spinach (about ¾ cup) evenly over sauce
- **d.** Place 11 slices of squash on top of spinach, slightly overlapping
- **e.** Repeat layering steps a-d
- **f.** Cover with remaining sauce (about ¾ cup)

Cover tightly with aluminum foil and bake at 350 °F for 50 minutes or until squash is fork-tender.

Nutrients Per Serving: Calories **175,** Protein **8 g,** Carbohydrate **29 g,** Dietary Fiber **5 g,** Total Fat **4 g,** Saturated Fat **2 g,** Cholesterol **8 mg,** Vitamin A **9103 IU (456 RAE),** Vitamin C **18 mg,** Iron **1 mg,** Calcium **149 mg,** Sodium **83 mg**

Directions for Squish Squash Lasagna (continued)

7. Remove lasagna from oven. Sprinkle cheese evenly over top.

8. Bake uncovered for 5 minutes or until cheese melts and browns slightly.

9. Remove lasagna from oven and allow to rest for 15 minutes before serving.

10. Cut into 6 even pieces. Serve hot.

One piece provides ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains.