Butternut Squash, Arugula and Spinach Lasagna

Ingredients

Makes 6 servings

1 cup fat-free cottage cheese
2 tablespoon extra-virgin olive oil
1 ¼ cups diced onion
4 cloves garlic, minced
1 teaspoon Italian seasoning
5 ½ cups fresh baby spinach
3 cups fresh arugula
¾ cup low-fat plain Greek yogurt
⅓ cup low-fat (1%) milk
3 ounces provolone cheese, thinly sliced
1 ½ tablespoons all-purpose flour
2 large eggs
1 medium (1 pound) butternut squash, peeled and cut into 24 ⅛-inch-thick slices
nonstick cooking spray
1 ½ ounces shredded Gruyere cheese

Directions

1. Preheat oven to 350 F.
2. Blend cottage cheese in a blender until smooth. Transfer to a small bowl and set aside.
3. In a large skillet, heat oil over medium-high heat. Add onion, garlic and Italian seasoning. Stir and saute for 3 to 4 minutes. Add spinach and arugula and cook for 5 to 8 minutes or until wilted. Remove from heat.
4. Place the yogurt, milk and provolone cheese in the blender. Blend for 30 seconds. Add the flour and eggs. Blend for 1 minute.

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MAIN DISH

Directions (continued)

5. Place squash slices in a microwave-safe 8-by-8-inch pan. Cover with plastic wrap and microwave on high for 3 to 4 minutes or until almost tender. Transfer to a plate. Use a clean dishtowel to dry the pan and then spray it with nonstick cooking spray.
6. Spread ½ cup of the yogurt mixture (made in step 4) into the bottom of the pan. Place 8 slices of squash over the yogurt. Spread ⅓ cup creamed cottage cheese (made in step 2) over the squash, then ⅓ of the vegetable mixture (made in step 3). Spread ⅓ of the yogurt mixture over the vegetable mixture. Repeat layers two more times.
7. Sprinkle Gruyere cheese over the top, cover with foil and bake for 40 minutes. Remove foil, set oven to low broil and bake for another 10 minutes or until lightly browned.
8. Remove from oven, allow to cool for 20 minutes, cut into 6 pieces and enjoy!

= low sodium

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Nutrition Facts

Serving Size 1/6 of lasagna (255g)
Servings Per Container 6

Amount Per Serving	
Calories 210	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 95mg	**32%**
Sodium 300mg	**13%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 16g	

Vitamin A 220% • Vitamin C 40%
Calcium 35% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, egg
Carb choices per serving: 1