

## Squash Lasagna

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=160894>

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*80 Minutes to Prepare and Cook*

Makes 8 servings

5 cups      peeled, cubed squash (2 lbs of banana squash yielded 5 cups of peeled, cubed squash)  
Sea salt and pepper to taste  
2            garlic cloves (crushed)  
3¼ cups    skim milk  
¼ cup      whole wheat flour  
¼ tsp      nutmeg  
1 lb        low fat mozzarella cheese (grated)  
16         cooked whole wheat lasagna noodles  
2 cups     fresh spinach

Boil the squash until tender. Mash the squash, and then season with sea salt & pepper, and set aside.

Place the garlic and 2½ cups of skim milk in a pot and set over medium heat. When the milk is just barely simmering, place the remaining ½ cup of milk and the flour in a bowl and whisk to combine. Whisk this mixture into the simmering milk and cook until the mixture thickens slightly. Remove from the heat, stir in the nutmeg.

Preheat oven to 350°F degrees. Spoon and spread ½ cup of the sauce into a 9x13" casserole dish. Top with 4 noodles and ¾ cup of the sauce. Spread and top the sauce with ½ the mashed squash.

Top the squash with ¼ of the cheese.

Top the cheese with 4 more noodles and another ¾ cup of the sauce.

Top the sauce with the spinach and ¼ of the remaining cheese.

Top with another layer of noodles, ⅔ cup more of the sauce and the rest of the squash.

Top the squash with ¼ more of the cheese and the remaining noodles.

Spread the noodles with the remaining sauce and sprinkle with the remaining cheese.

Cover the lasagna and bake for 40 minutes. Uncover and bake for 10 minutes more until golden brown and bubbly. Let the lasagna rest for 10 minutes before serving.