



Butternut Squash Lasagna

With Cashew Cauliflower Béchamel

Squash stands in for lasagna noodles in this hearty dish that makes ricotta and béchamel out of cauliflower.

Makes 8 Servings

Ingredients

8 oz cauliflower, cut into ½-inch florets (about 2 ¼ cups)
1 ½ cups raw cashews, chopped
1 ½ tsp sea salt, divided
5 tbsp olive oil, divided + additional for greasing
Ground black pepper, to taste
8 oz mushrooms, thinly sliced
6 fresh sage leaves
1 bunch lacinato kale, stems removed and chopped
1 large butternut squash (about 3 lb), peeled, seeded, and sliced crosswise into 1/8-inch rounds (Note: you need about 36 slices)

Steps

1. Preheat oven to 375° F. In a large saucepan, bring 3 quarts water to boil. Add cauliflower, cashews, and 1 tsp salt. Cook until cauliflower is very soft and falls apart easily when poked (about 20 minutes). Drain and cool for 5 minutes.
2. To a food processor, add cauliflower mixture, 3 tbsp oil and ¼ cup water. Process until smooth (about 2 minutes). Mixture will be slightly grainy. Season with 1 tsp salt and pepper to taste. Transfer ½ cup of the mixture to a bowl and whisk in 5 tbsp water to make the béchamel. The remaining mixture in the food processor is the cauliflower “ricotta”.
3. To a large skillet on medium-high heat, add 2 tbsp oil. Add onion and sauté until tender (5 minutes). Add mushrooms and sage. Sauté until mushrooms soften (3 minutes). Add kale and sauté until tender (6 minutes). Remove from heat and set aside.
4. To assemble lasagna, grease a 9 x 13-inch baking dish with oil. Arrange 12 squash slices to cover the bottom, overlapping as needed. Spread half of the cauliflower ricotta over squash. Top with half of vegetable mixture. Arrange 12 more squash slices, spread remaining ricotta, and add remaining vegetables.
5. Finish lasagna with remaining squash slices and pour reserved béchamel over top. Cover and bake for 30 to 40 minutes, until squash is fork-tender. Let cool 10 minutes and serve.

Nutrition Information

300 Calories | 30g Carbohydrates | 19g Fat | 3g Saturated Fat | 5g Fibre | 8g Protein | 424mg Sodium | 6g Sugar

Source: www.cleaneatingmag.com