

Kale & Butternut Squash Lasagna

with Arugula, Pear & Hazelnut Salad

When we think of lasagna, we usually think of tomato sauce. But in winter, tomatoes aren't in season. Luckily, the "white lasagna" is its own culinary institution. Our take includes two hearty, cold-weather vegetables: kale and butternut squash. And to save time in the kitchen, we're using oven-ready noodles, which don't have to be boiled before baking. Made with a creamy béchamel sauce, this dish is comfort food at its finest.



Ingredients

- 1½ Pounds Oven-Ready Lasagna Noodles
- 1 Pound Butternut Squash
- 1 Large Bunch Kale
- 1 Fennel Bulb
- 5 Ounces Arugula
- 1 Red Anjou Pear
- 1 Lemon
- 1 Cup Low-Fat Milk
- 1 Bunch Mint
- ¼ Cup All-Purpose Flour

Knick Knacks

- 3 Ounces Fontina Cheese
- ⅓ Cup Grated Pecorino Cheese
- ⅓ Cup Hazelnuts
- ¼ Teaspoon Ground Nutmeg

Makes 6 Servings

About 635 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Halve the squash lengthwise; scoop out the seeds and pulp. Using a sturdy knife, peel the squash; discard the peel. Thinly slice the squash. Remove and discard the kale stems; roughly chop the leaves. Thinly slice the fennel. Quarter the lemon and remove the seeds. Pick the mint off the stems. Cut off and discard the rind of the Fontina cheese; small dice the cheese. Roughly chop the hazelnuts. Core the pear and cut into matchsticks; toss with **the juice of 1 lemon wedge**.

2



Cook the squash:

Add the **squash** to the pot of boiling water. Cook 2 to 4 minutes, or until tender. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Set aside. Rinse and wipe out the pot.

3



Cook the kale:

While the squash cooks, in a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **kale** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 1 to 3 minutes, or until wilted and tender. Remove from heat and set aside.

4



Make the béchamel sauce:

In the pot used to cook the squash, heat **3 tablespoons of olive oil** on medium until hot. Whisk in the **flour**; cook, stirring frequently, 30 seconds to 1 minute, or until golden brown. Slowly whisk in the **milk** and **2 cups of water** until no lumps remain. Add the **nutmeg**; season with salt and pepper. Cook, whisking frequently, 5 to 7 minutes, or until thickened. Add the **Fontina cheese** and **half the Pecorino cheese**. Stir to thoroughly incorporate; remove from heat.

5



Assemble & bake the lasagna:

Spread a thin layer of **béchamel sauce** onto the bottom of a baking dish. Top with **1 lasagna noodle**, trimming the noodle to fit. Spread another layer of béchamel on the noodle; evenly distribute a layer of **squash** and **kale** on top. Top with another noodle. Repeat to fill the dish; finish with a layer of béchamel. Sprinkle with the **remaining Pecorino cheese**; season with pepper. Bake 21 to 23 minutes, or until browned on top. Let stand for about 2 minutes before serving.

6



Make the salad & serve your dish:

Squeeze **the juice of the remaining lemon wedges** into a small bowl; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined. In a large bowl, combine the **arugula**, **fennel**, **pear**, **hazelnuts** and **half the mint**; season with salt and pepper. Add enough of the **dressing** to coat the greens (you may have extra); toss to mix. Garnish the **lasagna** with the **remaining mint** (roughly chopping before adding). Enjoy!