



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Tis' the Season for Winter Squash

Pumpkins get all the attention this time of year, but winter squashes like butternut, acorn and spaghetti squash offer major value.

They're low in cost and high in nutrients.

Plus, one large squash can provide multiple meals.

Cube and roast for salads, purée for soups, or stuff and bake for a main course.

Purée extra for a simple addition to a variety of dishes.

Selection & Storage

1. Press firmly to test the firmness of the rind.
They should be heavy for size and hard.
2. Look for squash with a portion of the stem still attached.
3. Store whole squash in a dry, cool (50° F to 60° F) place for several months.
4. Once sliced, wrap pieces in plastic wrap and refrigerate for up to 5 days.
5. Freeze cooked squash for up to one year.

How To Purée Squash

Slice the squash in half, then scoop out seeds and strings. Place the squash, cut-side down, on a foil-lined baking sheet. Pour 1/4 inch of water into the pan, cover with foil and bake in the oven at 400°F for 40 minutes or until tender.

Scoop the flesh from the rind and transfer it into a food processor; purée for 1 minute or until smooth, scraping down the bowl occasionally.

Healthy Butternut Squash Lasagna

Ingredients:

- 2 cups butternut squash purée
- Black pepper, to taste
- 2 Tbsps. unsalted butter
- 3 Tbsps. all-purpose flour
- 3 cups skim milk
- 1/8 tsp. nutmeg
- 1 cup fresh basil leaves
- 2/3 lb. whole wheat lasagna noodles
- 2-1/2 cups mozzarella cheese
- 2 Tbsps. grated Romano cheese



Recipe (adapted) and image courtesy of Healthcooks.com.

Directions:

1. Preheat oven to 375°. Season the squash purée, to taste, with black pepper. Set it aside.
2. In a heavy medium saucepan, melt the butter over medium heat. Add the flour and whisk for 1 minute. Gradually whisk in the milk. Increase the heat to medium-high and bring the mixture to a boil. Reduce the heat to medium and simmer, whisking often, until the sauce thickens slightly, about 5 minutes. Whisk in the nutmeg. Cool slightly. Transfer half of the sauce to a blender. Add the basil and blend until smooth. Return the basil sauce to the sauce in the pan and whisk to blend. Season the sauce with pepper, to taste.
3. Meanwhile, boil lasagna noodles in a large pot until just al dente, drain and set aside.
4. Lightly coat a 13 x 9 x 2-inch glass baking dish with nonstick cooking spray. Spread 3/4 cup of the sauce over the prepared baking dish. Arrange 3 lasagna noodles on the bottom of the pan. Spread 1/4 of the squash purée over the noodles. Sprinkle with 1/2 cup mozzarella cheese. Drizzle 1/2 cup sauce over the noodles. Repeat layering 3 more times.
5. Cover baking dish with foil and bake the lasagna for 40 minutes. Sprinkle the remaining 1/2 cup mozzarella and the Romano cheese over the lasagna. Continue baking, uncovered, until the sauce bubbles and the top is golden, 15 minutes longer. Let the lasagna stand for 15 minutes before serving.