



## Go Green with Garden Veggies. Basil, Kale

### **Spiralized Butternut Squash “Lasagna” Supper**

*All the Italian-style deliciousness packed in one squash casserole dish*

- 1 Butternut Squash, seeded, spiralized
- 1/2 cup water
- 2 Tablespoons olive oil
- 1 large onion, peeled; sliced
- 3.5 ounces (1 container) shitake mushrooms, destemmed, chopped
- 1 clove garlic, minced
- Salt and black pepper to taste
- 2 cups Marinara tomato sauce
- 1 cup ricotta cheese
- 1/2 cup plain Greek yogurt
- 3 Tablespoons basil pesto
- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 8 ounces spicy pepper jack cheese, shredded
- Garnish: Fresh fine chopped kale

Preheat oven to 350 degrees F. Grease 9x13 inch baking dish.

Cut 10 cups spiralized long squash strands into smaller pieces. Place in large microwave safe bowl with 1/2 cup water. Cook loosely covered on high power for about 12 to 15 minutes, stirring every 5 minutes until squash is tender. Set aside to cool.

**Prepare the Sauce:** Place oil in large hot skillet; add onion slices and mushrooms; cook over medium heat, stirring occasionally until caramelized, about 10 to 12 minutes. Add minced garlic, cook 1 minute. Season to taste with salt and black pepper. Stir in tomato sauce, stir until hot. Remove from heat; set aside.

**Prepare Ricotta Filling:** In a small bowl, stir ricotta cheese, yogurt, and pesto together. Set aside.

**Prepare Squash Layer:** In a small bowl, whisk eggs and grated Parmesan cheese. Add to cooled squash strands; stir to coat. Using half of squash, spread evenly over bottom of prepared baking dish. With a tablespoon, drop half of Ricotta filling over squash, flatten to lightly spread. Top with half of tomato sauce, spread lightly. Sprinkle about 2 ounces shredded cheese over tomato sauce. Repeat same layering with remaining ingredients.

Lightly oil spray underside of foil; cover dish with foil. Bake in preheated 350-degree F oven for about 30 minutes. Uncover; continue baking until cheese melts and lightly begins to brown, about 10 to 15 minutes. Remove from oven; cool about 10 minutes; sprinkle with chopped kale before serving.

**To Serve:** Spoon up portions when casserole is hot. After it cools, you can cut it into serving squares if desired. Yield: serves 8 dinner portions

**Cook's Note:** I have made this recipe using only 6 ounces of shredded pepper cheese and sprinkling it over the top before baking. I like to serve this with a kale salad dressed with fresh lemon juice, a touch of grated Parmesan; seedless currants, and seasoned with salt and black pepper. Add some halved cherry tomatoes for a splash of color and texture.

**About the Recipe:** The first clue that this dish is extraordinary is the aroma that fills the entire kitchen, combining crushed tomato sauce, olive

oil, garlic, basil, and touch of chile spice. Add creamy ricotta cheese, tender veggies, and melting cheese to make this winning supper dish. It is a perfect main entrée for vegetarians.