

Butternut Squash Lasagna

INGREDIENTS:

- 1 lb. hot Italian sausage
- ½ red onion, diced
- 3 cloves garlic, minced
- 1 can (15 oz.) pizza sauce (Muir Glenn is great)
- ½ cup roasted red peppers
- 1.4 cup extra virgin olive oil
- Couple leaves of fresh basil (leave out if you don't have it)
- 1 small butternut squash

PROCESS:

- Preheat oven to 400 degrees F.
- In a saute pan crumble sausage and brown it, along with the onions and garlic.
- While that is going, cut the top and bottom of the squash off and peel it. Split it into ¼'s . Slice each of these lengthwise into one-quarter inch planks.
- Make the sauce by pureeing the pizza sauce, red peppers, olive oil, and basil.
- Using a 9 x 9 inch baking dish, put down enough sauce to lightly cover the bottom of the dish. Next add the squash, trying not to overlap the pieces, then spoon on the sausage mixture, followed by the sauce. Repeat until all your ingredients are used up...trying to reserve enough sauce to cover the top of the lasagna.
- Bake for 45 minutes. You're looking for a bubbly pan with a crispy, browned top. If the lasagna seems liquidy, let it set for up to a half hour before cutting. It will firm up.

Enjoy!

From: Health-Bent.com



