



Roasted Butternut Squash Lasagna

A classic Italian dish with a smart vegetarian twist, featuring diced squash, kale, pumpkin seeds, maple syrup and béchamel sauce—and, of course, hearty Dakota Growers® Ridged Lasagna.

YIELD: 6-8 PORTIONS
PORTION SIZE: 8-12 OUNCES

Ingredients	Imperial	Weight
Dakota Growers Ridged Lasagna 6738794161	9 sheets	245g
Vegetable Oil	1 Tbsp	14g
Kosher Salt	1 ½ tsp	10g
Kale, chopped	6 c	98g
Pumpkin Seeds, salted	¾ c	90g
Maple Syrup	¼ c	73g
Reduced Fat Béchamel Sauce, see recipe	6 c	1132g
White Cheddar Cheese, shredded	2 c	226g
Butternut Squash, roasted, diced	3 c	509g

Reduced Fat Béchamel Sauce

YIELD: 6 CUPS

Ingredients	Imperial	Weight
Vegetable Oil	½ c	113g
AP Flour	¾ c	146g
Skim Milk	6 c	1358g
Kosher Salt	¾ tsp	4g

Method of Preparation:

- In a stock pot over medium heat, add oil and flour and cook, stirring often, until mixture is smooth and off white in color, about 5-10 minutes. The mixture should smell lightly toasted and nutty.
- Add ¼ of the milk, whisking well to combine. Bring to a simmer, whisking constantly. Repeat this step 2 more times with the remaining milk, adding ¼ of milk each time. Sauce should be thick like a gravy.
- Season with salt. Simmer sauce for 10 minutes stirring often. Scrape the bottom of the pot often to avoid scorching. Reserve.

Method of Preparation:

- Preheat oven to 400°F.
- Cook Dakota Growers Ridged Lasagna per manufacturer's instructions. Reserve.
- In a large sauté pan over medium heat add oil and sauté kale until lightly wilted, about 2-3 minutes. Season with ½ tsp. of salt. Remove from heat and reserve.
- In a mixing bowl combine maple syrup and pumpkin seeds, and toss to evenly coat the seeds. Place seeds on a parchment-lined sheet pan greased with pan spray. Bake in oven for 7-10 minutes, or until pumpkin seeds are toasted. Let cool completely and break into small pieces.
- Reduce oven to 375°F.
- In a 4 qt. pot, combine the béchamel, white cheddar cheese, and remaining 1 tsp. of salt. Bring to a simmer over medium heat. Whisk sauce until cheese is fully melted and incorporated. Blend with a stick blender or regular blender until smooth.
- To build lasagna, in a greased 2 qt. 9"x13" pan, add 1 ½ cups of white cheddar cheese sauce and spread evenly. Add 3 lasagna sheets in a single layer. Top with 1/3 of the butternut squash, 1/3 of the kale and 1/3 of the pumpkin seeds. Repeat for 2 more layers. Top with remaining 1 ½ cups of cheese sauce.
- Cover lasagna with foil and bake for 90 minutes. Remove foil and bake an additional 15 minutes for a golden brown top. Allow to cool, then portion and serve.