

Butternut Squash Kale Lasagna

Prep Time: 45 Min **Cook Time:** 45 Min **Total Time:** 1 Hr 30 Min
Serves 8

Lasagna

- 1 butternut squash
- 2 tablespoon olive oil, divided
- 3-4 cloves of garlic, minced
- 2 teaspoons sage
- 1/2 teaspoon allspice
- pinch of salt
- 1 red onion, thinly sliced
- 4 cups fresh kale, packed
- 8 ounces lasagna noodles

Bechamel Sauce

- 5 tablespoons vegan butter
- 1/4 cup all-purpose flour
- 4 cups unsweetened soy milk
- 4-5 cloves garlic, minced
- 1/4 teaspoon nutmeg
- pinch of salt, to taste

Toppings (Optional)

- Vegan parmesan cheese
- Shredded vegan mozzarella
- Italian parsley, minced

Prepping The Lasagna

- 1 To prepare the butternut squash: Preheat the oven to 425. Slice the butternut squash in half, lengthwise. Drizzle with 1 tablespoon of olive oil, sprinkle with garlic, sage, allspice, and salt. Flip the squash over so that the inside is face-down on the baking sheet and bake for 40 minutes, until very tender.
- 2 While squash is baking make the Bechamel Sauce (directions below) and prepare the noodles and kale.
- 3 To prepare the kale: In a large sauté pan, heat the additional 1 tablespoon of olive oil over medium-low heat. Add sliced onions and sauté slowly, stirring occasionally, for about 15 minutes. Once onions are soft and lightly browned, stir in chopped kale. Sauté for another 5 minutes until kale is cooked.
- 4 Boil lasagna noodles in a large pot of water according to packaged directions.
- 5 When butternut squash is done, remove from heat and reduce oven to 375 degrees. With a spoon scoop out squash from the skin, and mash. Set aside.

Bechamel Sauce

- 1 Heat vegan butter in a medium sauce pan over medium-high heat. Once butter is melted, add flour and stir over heat for 3-4 minutes, until mixture is smooth and golden-brown. In another pot, bring milk and minced garlic to a boil. Add hot milk to butter/flour mixture in 3 batches.

Bring to a boil, whisking often, then reduce heat to a simmer. Cook for 10 minutes, whisking constantly. Once thick and creamy, remove from heat and set aside. Sauce will continue to thicken as it cools.

Assembling The Lasagna

- 1 In an 8x8 or 9x6 baking sheet, pour a small amount of Bechamel Sauce on the bottom and spread evenly.
- 2 Lay down a layer of noodles followed by Bechamel Sauce, mashed butternut squash, and then sautéed kale. Top this with more Bechamel Sauce and repeat the process (see photos above).
- 3 Top with a 3rd layer of noodles and final layer of Bechamel.
- 4 Cover in foil and bake for 40 minutes. Remove from heat and let cool 15 minutes before slicing. Top with vegan parmesan cheese and/or parsley and serve.

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