

Roasted Squash and Spinach Lasagne



PROJECT FOOD

A helping hand to healthy eating

Ingredients

1 medium butternut squash

1 tbsp olive oil

500g spinach

Nutmeg (optional)

8 lasagne sheets

50g cheese

For the tomato sauce

1 onion

1 tbsp olive oil

1 celery stick

2 garlic cloves

400g tinned tomatoes

For the béchamel

500ml milk

50g butter

50g plain flour

Butternut squash is a well-balanced food source that is rich in complex carbohydrates and low in saturated fat and sodium. It is a very good source of vitamins A and C. Squash is in season from September to December, There are many types, but the sweet rich flavour of the butternut squash works well for this recipe.



Method

1. Heat the oven to 200C/180C fan/gas 6. Halve the squash, peel and de seed, then slice into 1 cm slices. Mix with a little oil in a roasting tin, then roast until tender, which will take about 30 to 40 minutes
2. Meanwhile, make the tomato sauce. In a pan, soften the onion in the oil for 5 minutes, then add the celery and garlic and cook for 1 minute more. Add the tinned tomatoes, then leave to simmer, uncovered, for 30 minutes. Stir from time to time.
3. Wash the spinach then wilt for about 4 mins using the water that stays on the spinach after washing. When completely wilted, leave until cool enough to handle, then squeeze the water out with your hands. Season with a little salt, pepper and a grating of nutmeg (if using).
4. Melt the butter in a pan, add the flour and stir to form a thick paste, add the milk a little at a time, whilst continuing to stir, until you have a thick, smooth sauce. Simmer for 5 minutes to cook out any floury taste.
5. Butter a large baking dish. Put a layer of roasted squash in the bottom followed by a layer of tomato sauce. Lay lasagne sheets on top of this, try to avoid any overlapping. Now add a layer of béchamel followed by some spinach. Top with more lasagne sheets, squash, tomato sauce, more lasagne and a final layer of béchamel sauce. Sprinkle some cheese over the top. Bake for 40 mins, or until the lasagne is golden and bubbling.

Top tips

You could use frozen spinach in place of fresh spinach - after defrosting make sure to squeeze out the extra water.

You could mix some sunflower and pumpkin seeds in to the cheese to sprinkle on the top of the lasagne before you bake it to add some texture to the topping. Seeds are also full of vitamins and minerals, which are great for your health.

This will freeze well and you can freeze after you've baked it or before. If you freeze it before you bake it then leave the grated cheese until after you've defrosted it and add it before you bake it in the oven.



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Baked Apples & Custard

Ingredients

- 1 eating apple
- A few sultanas
- A sprinkling of cinnamon
- A sprinkling of demerara sugar
- A knob of butter

Method

Preheat oven to 200 C/180 fan/gas 6

1. Core the apple.
2. Mix the sultanas and cinnamon together.
3. Put the apple in a baking dish. Using your fingers, push the sultana mixture into the apple
4. Put a knob of butter on top and sprinkle over the Demerara sugar.
5. Put the dish in the oven for around 30 minutes or until the apple is cooked through.



Custard

Use powdered or tinned custard. Follow instructions on the tin.

You could use the leftover custard to make a pudding by chopping a banana into it.

This is also good served with yoghurt instead of custard.

Top tips...

- Why not cook 2 or 3 apples at the same time, and you can eat them cold for breakfast, or as a pudding, over the next few days?
- Baked apples also work really well cooked in the microwave. Simply place the apples in a deep dish and cover with cling film or a lid. Then microwave for 3 to 4 minutes, or until tender. Let the apples sit for a couple minutes before serving.
- You could try using nutmeg here if you don't like cinnamon, or try a mixture of both.