

Butternut Squash Skillet Lasagna

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/sage-leaves-indian-recipe>

Ingredients:

- 6 whole wheat lasagna noodles broken into thirds
- 4 cups butternut squash cubed, 1-inch
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon nutmeg
- 2 tablespoons olive oil
- 3/4 cup low sodium chicken or veggie stock
- 1 sweet onion diced
- 2 tablespoons sage freshly chopped
- 1 pound ground chicken breast
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- 2 cups low fat milk
- 1/4 cup mascarpone cheese
- 1/2 cup grated Parmesan cheese finely
- 6 ounces mozzarella cheese sliced into rounds
- 2 tablespoons panko bread crumbs
- sage leaves fresh, for topping

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 160 milligrams
4. Fat: 35 grams
5. Fiber: 5 grams
6. Protein: 41 grams
7. SaturatedFat: 15 grams

8. Sodium: 1060 milligrams
 9. Sugar: 14 grams
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