



Kale Lasagna

By: Laura Krause-Emerick

Ingredients

- 1 large spaghetti squash
- 8 oz. bag Windy Drumlins Curly or Flat Kale – (optional: remove stalks)
- ¾ oz. Windy Drumlins Basil (1 package) – finely chopped
- 1 container Windy Drumlins Nasturtiums
- Freshly ground black pepper
- Salt
- Olive oil
- 1 large yellow onion, sliced into rings
- 6 cloves garlic – crushes
- 1 cup of cottage cheese
- Optional: 5 oz. mozzarella cheese – shredded
- 3.5 cups of spaghetti sauce

Directions:

1. Preheat oven to 425°.
2. Cut your spaghetti squash in half and remove the insides. Sprinkle with salt and rub on olive oil.
3. Bake with cut side down on a greased cookie sheet until a fork can be easily inserted into the squash and the skin can be peeled back– about 40 minutes.
4. Using a fork, scrape out the inside of the squash (will appear stringy like noodles) into a bowl.
5. Season the “noodles” with salt, pepper and olive oil.
6. Turn the oven down to 350° before beginning to assemble your lasagna.
7. In a small bowl, mix the basil with the cottage cheese.
8. In a large skillet, heat 1 -3 tablespoons of olive oil.
9. Sauté the onions and the crushed garlic. I like to wait until the onions are soft and translucent.
10. Layer the kale into the onions and garlic mixture. Between layers, wait for the kale to become limp.
11. Using a casserole pan (about 3.5 quart), assemble your lasagna. I like to start with the spaghetti squash followed by kale, cottage cheese, and then the sauce. Repeat the layers.
12. When all of your ingredients have been assembled, sprinkle the cheese on top.
13. Bake at 350° for 30-45 minutes.
14. Let cool for 15 minutes before slicing.
15. Enjoy

