



## ME Recipe: Bison and Vegetable Lasagna

At the end of the harvest season, I was looking for a way to use up my squash, carrots and eggplant. I combined a vegetable lasagna recipe, with a butternut squash lasagna recipe, added bison, and came up with the concoction below. You can omit the squash or add zucchini. Get creative!

Recipe adapted from [Familybalancesheet.org](http://Familybalancesheet.org) and Parade Magazine.

### Vegetable Lasagna with Eggplant, Zucchini and Carrots

- 1 large eggplant, cut crosswise into ¼ inch thick slices
  - 1 medium butternut squash, peeled, seeded and cut into 1-inch cubes
  - ½ tsp. salt
  - 1-2 tbsp. olive oil
  - 1 medium onion (red, white or yellow), chopped
  - 4 garlic cloves, minced
  - 1 cup shredded carrots
  - ¾ tsp. black pepper, divided
  - ½ tsp. chopped fresh or dried oregano
  - 32 oz. tomato sauce (homemade or store bought)
  - 1 lb. bison
  - 1/4 cup chopped fresh parsley leaves
  - 15 oz. part-skim ricotta
  - 2 Cups shredded part-skim mozzarella
  - 2 tsp. dried thyme
  - ¾ c. milk\* (optional, I used a little bit of water and it turned out fine)
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1. Preheat oven to 425°F. Toss butternut squash with olive oil and season generously with salt and pepper. Place on baking sheet. Roast, until tender and golden, about 40 minutes. Transfer to a food processor along with ¾ cup milk or water and thyme. Puree. Set aside. Turn oven heat to 350 degrees.
  2. Heat sauté pan on medium to high heat. Add 1 tbsp. olive oil and 1 clove of chopped garlic. Add bison, breaking into pieces. Add salt, pepper to taste, and cook until no longer pink. Set aside.
  3. Place eggplants slices on a clean dishtowel or in a colander. Sprinkle lightly with salt. Set aside for about 15 minutes. After 15 minutes, dry off slices.
  4. In a large skillet, heat 1 tbsp. olive oil over medium heat. Add onion, carrots, garlic and sauté for about 2 minutes. Stir often.
  5. Add 1/2 tsp. salt, ¼ tsp. pepper, oregano, and tomato sauce. Bring to a boil. Reduce heat and simmer for about 10 minutes. Stir occasionally.
  6. In a separate bowl, combine the parsley, ricotta and, ½ tsp. pepper.
  7. Prepare a 13 X 9 baking dish with cooking spray. Spread ½-cup tomato mixture in bottom of pan.
  8. Arrange half of the eggplant slices on top of tomato sauce.
  9. Spread pureed butternut squash on top of eggplant.
  10. Add a layer of bison on top of squash.
  11. Spread half of the cheese mixture on top of bison.



12. Repeat layers tomato sauce, eggplant, squash, bison and cheese using remaining ingredients.
13. Spread 1 cup of tomato mixture on top of last cheese layer.
14. Evenly spread the mozzarella on top.
15. Spray a piece foil with cooking spray and cover the pan.
16. Bake at 350 degrees for 35 minutes.
17. Remove the foil and bake another 25 minutes or until brown and bubbly.
18. Let the lasagna sit for about 10 minutes before digging in.