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# chorizo lasagne

by Vera Colburn

## what you will need

1 butternut squash (peeled, seeded and cut into small chunks)  
2 red onions (cut into wedges)  
1 courgette (cut into chunks)  
1 red pepper (cut into chunks)  
80g/3oz chorizo (cut into small pieces)  
12 cherry tomatoes halved or 4 large tomatoes quartered  
1 jar of tomato based light pasta sauce  
6 sheets of lasagne  
1 packet of cheese sauce mix  
300ml of skimmed or semi skimmed milk  
50g/2oz grated cheese for topping

## get cooking

Put the butternut squash, onion, courgette and pepper in a roasting tin.

Lightly spray with oil or use 1 tablespoon oil from bottle and mix well.

Put into the oven at 180C/gas mark 4 for 15 minutes.

Add chorizo and tomatoes and cook for another 10 minutes.

Remove from the oven and mix with the pasta sauce in a bowl.

Put half the mixture into an oven dish, cover with 3 sheets of lasagne.

Cover the lasagne sheets with the rest of the mixture and then add another layer of lasagne.

Make the cheese sauce with the milk and pour over the top of the lasagne, sprinkle with cheese.

Cook in the oven for 30-35 minutes. Serve with a crispy green salad.

**Serves 4**

**Preparation time = 15mins**

**Cooking time = 50mins**

**Cost per serving = less than €1.50**

**5 a day portions per serving = 2**

## alternatives

For a vegetarian version either just leave out the sausage or replace with quorn or tofu. Use cooked chicken pieces saved from a previous meal instead of the sausage - add to ingredients when mixing with the pasta sauce.

## top tips

This is a great dish to get children to try unfamiliar vegetables - such as the butternut squash. Red and yellow peppers have 4 times as much Vitamin C as oranges.

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