**BAKED MEAT LASAGNE**

**SERVES 2-3**

**DAY 1 - ASSEMBLE LASAGNE**

**SAUCE:**

![C:\Users\heather\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8Q6YYQ50\MC900341000[1].wmf]()60 mL ground beef

¼ medium onion, finely chopped

1 clove of garlic, minced

250 mL tomato sauce

25 mL tomato paste

5 mL oil

1 mL each, oregano and basil

1 mL salt

1. In a medium saucepan over medium heat, add oil and sauté onions and garlic until onions are soft.
2. Add ground beef and cook until browned.
3. Add tomato sauce, tomato paste, oregano, basil, and salt; stir to combine.
4. Partially cover saucepan with a lid and **simmer** on low heat for 10-15 minutes.

![C:\Users\heather\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6AOLY7NE\MC900217540[1].wmf]()**CHEESE:**

125 mL cottage cheese

25 mL parmesan cheese

5 mL dried parsley

½ (25 mL) egg, lightly beaten with fork

125 mL mozzarella cheese, grated

1. Combine the cottage cheese, parmesan cheese, parsley and egg in bowl. Do NOT include mozzarella cheese.

**NOODLES:**

4 dried lasagne noodles

1. Bring a large pot of salted water to a boil and cook lasagne noodles until al dente (about 10 minutes). Drain.

**ASSEMBLY:**

1. Layer the ingredients in a loaf pan in the following order: ⅓ of the sauce » ½ of the noodles (cut to size with paring or chef’s knife) » ½ of the cottage cheese mixture » another ⅓ of the sauce » ½ of the mozzarella cheese » second ½ of the noodles » second ½ of the cottage cheese mixture » final ⅓ of the sauce » finish with the remaining ½ of the mozzarella cheese. (see over for diagram)
2. Cover with plastic wrap, label and place in fridge until next class.

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| **TOP** | **½ of the MOZZARELLA cheese** |
|  | **⅓ of the SAUCE** |
|  | **½ of the COTTAGE CHEESE mixture** |
|  | **½ of the NOODLES** |
|  | **½ of the MOZZARELLA cheese** |
|  | **⅓ of the SAUCE** |
|  | **½ of the COTTAGE CHEESE mixture** |
|  | **½ of the NOODLES (cut to size)** |
| **BOTTOM** | **⅓ of the SAUCE**  |

**DAY 2 - BAKE LASAGNE**

1. Preheat oven to 400°F.
2. Bake assembled lasagne for 25-30 minutes or until cheese is bubbly. Remove to a cooling rack. Allow to cool for 5 minutes before slicing so the lasagne sets and holds together when cut and served.
3. Set table.
4. Serve.

