RECIPE

Simple Lasagna



Ready in **45minutes**

Oven: **350℉**

Serves **8 people**

What you need:

- **9x13 pan**
- **Large pot**
- **6-8 cups meat sauce***
- **Cheese grater**
- **Measuring spoons**
- **Dry measure cups**

Ingredients

- Prepared meat sauce*
- 6-9 Lasagna noodles (or zucchini noodles)
- 2 cups ricotta or cottage cheese
- 1 cup thawed minced spinach
- 1 egg
- 1 cup mixed vegetables, diced (mushrooms, broccoli, zucchini, peppers)
- 2 cups shredded mozzarella cheese + 1 cup shredded parmesan, divided in two

Preparation

1. **Preheat oven to 350℉**
2. Fill a large pot with water and turn on high (stove top). Once boiling, add 6-9 lasagna noodles (plan 3 per layer). Boil according to directions (about 8-10 minutes to ensure cooked but still firm). Strain once cooked; rinse with cold water and strain again. Set aside
3. **While noodles are boiling,** mix ricotta or cottage cheese with egg, thawed and drained spinach. Set aside.
4. **Dice vegetables of your choice or use frozen mix (peppers/onions, broccoli or zucchini etc)**. You can add these in raw, or sautee a few minutes first to soften. If using frozen, make sure they are thawed and strained first.
5. Spread about 3 tbsp meat sauce on bottom of 9x13 pan. Add 3 cooked lasagna noodles (lay side by side). Spread noodles with about ½ of cheese filling. Spread about 2 cups of meat sauce over cheese mix. Sprinkle with 1 cup grated cheese. Repeat 1-2 more layers, adding mixed veg into second layer. End with meat sauce, topped by remaining grated cheese and parmesan cheese.
6. **Bake at 350℉ for 30-45 minutes** until bubbling and the cheese is golden.
7. Allow to sit (to firm) about 10 minutes before cutting. Enjoy!

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Tips

-if you find your meat sauce is too thick, add tomato sauce

- Want to increase your veggies? Swap the second layer of meat sauce for roasted veggies (mushrooms, broccoli, zucchini and peppers are great!)

- if cooking for one or two, consider dividing your 9x13 into two 8x8 pans- freeze one for later

-save 10 minutes by buying the no-boil noodles (will need to ensure sauce has enough liquid)

-Do a vegetarian version by using a can of mixed beans, textured vegetable protein or even crumbled firm tofu in lieu of ground meat into the “Meat/Lentil Sauce”.

Recipe Notes:

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Recipe rating: (have kids colour)

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