LASAGNA

Ingredients

3 ½	lasagna noodles
1 mL	salt
¾ pot	boiling water

A) Cook noodles until they are al dente.(10-12 mins) Drain them in the colander and when cool, place on cutting board and cut noodles to pan size

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125 mL	cottage cheese
1	egg, lightly beaten
60 mL	parmesan
1 mL	pepper
5 mL	parsley

B) Combine all ingredients in a small white soup bowl.

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15 mL	oil
1/4	small onion, diced
1-2	clove garlic, minced
1/4	green pepper, diced
1	mushroom diced
150 g	lean ground beef

C) Heat the oil on med-high heat and then saute the onions, garlic and green pepper
and mushroom for 2 minutes. Add ground beef and cook until the meat is no longer pink.

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125 mL	diced tomatoes with juice
200 mL	tomato sauce
25 mL	tomato paste
2 mL	salt + pepper
3-5 mL	basil and oregano (or any other herbs you like)
10 mL	sugar

D) Add liquid ingredients and spices to cooked meat mixture. Simmer on
medium heat without the lid for 10 mins. Stir occasionally. Taste and adjust seasonings.

375 ml	Mozzarella cheese, grated

LASAGNA ASSEMBLY (for each pan)

1. Spread a thin layer of sauce on the bottom of the loaf pan. Top with a piece of noodle. Then put ¼ of the cottage cheese mixture on top, then a sprinkling of mozzarella, then finish off with another piece of noodle. Add some sauce to cover the noodle completely.
2. Repeat the noodle, cheese, mozza, noodle layer combo again, finishing with sauce.
   Sprinkle half of the mozzarella that's left on top and make sure the whole top is covered.
3. Place on a jelly roll pan and bake at 375˚ F for 20 mins until cheese is melted and golden brown.