

LASAGNA

Ingredients:

- 15 ml olive oil
- 1 garlic clove
- $\frac{1}{2}$ minced onion
- 150 ml lean ground beef
- 3 ml salt
- 1 ml pepper
- 2 ml oregano
- 300 ml pasta sauce
- 40 ml water
- 4 lasagna noodles
- 125 ml grated mozzarella cheese
- 30 ml parmesan cheese
- 1 egg beaten
- 175 ml cottage cheese

Equipment:

small and dry measures
pan
French knife
small bowl
whisk (for beating egg)

wooden spoon large loaf
cutting board
large pot
fry pan

METHOD:

Day 1

1. Boil water (fill pot 3/4 full). Add 3 ml salt and 5 ml canola oil.
2. Brown garlic and onion in 15 ml oil then add meat and brown (no pink showing)
3. Add seasoning, sauce and water - mix well and simmer, uncovered for 15 minutes - stir frequently
4. Cook lasagna for 12 - 15 minutes and drain
5. Mix together cottage cheese, parmesan cheese and beaten egg
6. Pour a small amount of sauce in bottom of pan

7. Put half of lasagna noodles over sauce (overlapping them)
8. Cover noodles with cottage cheese, $\frac{1}{2}$ sauce and $\frac{1}{2}$ mozzarella cheese
9. Place remaining noodles over cheese - put rest of sauce and mozzarella cheese
10. Cover with plastic wrap. Place in fridge overnight. *Place in freezer if a Friday night

DAY 2

1. Bake for 30 minutes in a 350° F oven. Can cover with aluminum foil (shiny side down)
2. Cool a bit before cutting