

# Lasagna

Prep: 25 min

Cook: 1 hour

Ready In: 1½ hour

6 whole wheat lasagna noodles	½ pound lean ground beef
1 clove garlic, chopped	¼ teaspoon garlic powder
½ teaspoon dried oregano, or to taste	salt and ground black pepper to taste
1 (8 ounce) package cottage cheese	1 egg
¼ cup shredded Parmesan cheese	12.5 oz tomato-basil pasta sauce
1 cup shredded mozzarella cheese	

Preheat oven to 350 degrees F. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, add the lasagna noodles a few at a time, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Remove the noodles to a plate.

Place the ground beef into a skillet over medium heat, add the garlic, garlic powder, oregano, salt, and black pepper to the skillet. Cook the meat, chopping it into small chunks as it cooks, until no longer pink, about 10 minutes. Drain excess grease. In a bowl, mix the cottage cheese, eggs, and Parmesan cheese until thoroughly combined.

Place 3 noodles side by side into the bottom of a 9x9-inch baking pan (you may need to cut them to fit); top with a layer of the tomato-basil sauce, a layer of ground beef mixture, and a layer of the cottage cheese mixture. Repeat layers twice more, ending with a layer of sauce; sprinkle top with the mozzarella cheese. Cover the dish with aluminum foil.

Bake in the preheated oven until the casserole is bubbling and the cheese has melted, about 20-30 minutes- Keep an eye on it. Remove foil and bake until cheese has begun to brown, about 10 more minutes. Allow to stand at least 10 minutes before serving.



Make this lasagna (you may need to double the recipe), breadsticks (recipe is on the pizza lab), and a salad of your choice at home- *ON YOUR OWN*. Take a picture of your family eating the meal that *YOU* made for them. To get credit- Email Mrs. Pearson ([kylee.pearson@nebo.edu](mailto:kylee.pearson@nebo.edu)) the following things on or before December 22nd, 2016.

- The picture you took of everyone eating your meal.
- Your name and class period.
- The salad recipe that you used,
- A paragraph telling me how it went.