

Easy Meat Lasagna

PRE HEAT OVEN 400 F

- 225 g lean ground beef
 - 1/2 onion, chopped
 - 10 ml oregano
 - 2 ml salt
 - 2ml pepper
 - 1/2 jar spaghetti sauce
 - 125ml water
 - 250 ml cottage cheese
 - 50 ml grated Parmesan cheese
 - 25 ml chopped parsley
 - 1 egg
 - 8 lasagna noodles
 - 125 ml shredded mozzarella cheese
1. **COOK MEAT SAUCE.** In a large skillet, cook ground beef until it is brown (the meat is no longer pink), stirring occasionally with a wooden spoon and breaking up the meat. Remove skillet from heat. Place colander over bowl. Spoon meat into colander and let fat drain into bowl. Return meat to skillet. Put the fat in a container on demo table. Add oregano, salt and pepper. Add onions; sauté until onions are transparent. Stir in pasta sauce and water (except 50 ml, save for layers), and heat through.
 2. **MIX CHEESE MIXTURE.** Mix cottage cheese, parsley, parmesan and egg in medium mixing bowl.
 3. **BUILD THE LAYERS.** Spray a square glass baking pan with PAM. Spread the extra sauce on bottom of pan. Place 3 uncooked noodles on sauce in bottom of dish. Spread one-half of the meat mixture on top of noodles. Top with 2 noodles. With a rubber spatula evenly spread the cottage cheese mixture on top of the noodles. Place 3 noodles on top of cheese. Spread the rest of the meat sauce on top of the noodles. Top with shredded mozzarella.
 4. **BAKE THE LASAGNA.** Put pan on top of pizza pan on middle rack of preheated oven. Bake for 35 minutes at 400 F. Remove from oven and let stand on a cooling rack for 5 min.

Easy No-Meat Lasagna

- 2 zucchini washed and chopped
- 1/2 onion, chopped
- 10 ml oregano
- 2 ml salt
- 2ml pepper
- 1/2 jar spaghetti sauce
- 250 ml cottage cheese
- 50 ml grated Parmesan cheese
- 25 ml chopped parsley
- 1 egg
- 8 lasagna noodles
- 125 ml shredded mozzarella cheese

1. **COOK SAUCE.** In a large skillet, cook zucchini, stirring occasionally with a wooden spoon. When zucchini is soft, add oregano, salt and pepper. Add onions; sauté until onions are transparent. Stir in pasta sauce (except 50 ml, save for layers), and heat through.
2. **MIX CHEESE MIXTURE.** Mix cottage cheese, parsley, parmesan and egg in medium mixing bowl.
3. **BUILD THE LAYERS.** Spray a square glass baking pan with PAM. Spread the extra sauce on bottom of pan. Place 3 uncooked noodles on sauce in bottom of dish. Spread one-half of the zucchini mixture on top of noodles. Top with 2 noodles. With a rubber spatula evenly spread the cottage cheese mixture on top of the noodles. Place 3 noodles on top of cheese. Spread the rest of the zucchini mixture on top of the noodles. Top with shredded mozzarella.
4. **BAKE THE LASAGNA.** Put pan on top of pizza pan on middle rack of preheated oven. Bake for 35 minutes at 400 F. Remove from oven and let stand on a cooling rack for 5 min.

Spinach Salad

Ingredients

1 bunch spinach leaves

$\frac{1}{2}$ can mandarin oranges

$\frac{1}{4}$ red onion chopped

30 ml raspberry dressing

Directions

Wash spinach thoroughly and dry thoroughly with paper towels. Cut off all stems and tear into bite size pieces. Drain and pat mandarin oranges dry on paper towel. Add chopped red onion. Chill well. Just before serving pour dressing over the greens and toss with two large spoons.