

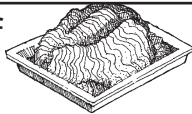
Lasagna

Ingredients

Makes 10–12 servings

Meat Sauce

1 pound ground beef

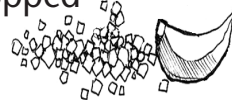


1 onion, finely chopped



1 clove garlic, finely chopped

(or 1/8 teaspoon garlic powder)



1/4 teaspoon chili powder



1 teaspoon oregano



2 teaspoons Italian seasoning

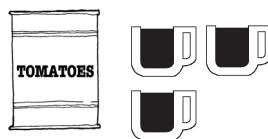


Salt and pepper to taste



3 cups tomato sauce

(3 8-ounce cans)



1 1/2 cups water

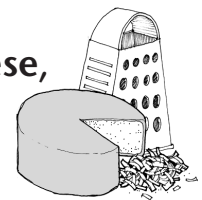


Cheeses

1 pint cottage cheese
or ricotta cheese



1 pound mozzarella cheese,
grated



Reserve 1/2 cup grated cheese to be used on top of the lasagna along with 1/4 cup Parmesan cheese.

Lasagna

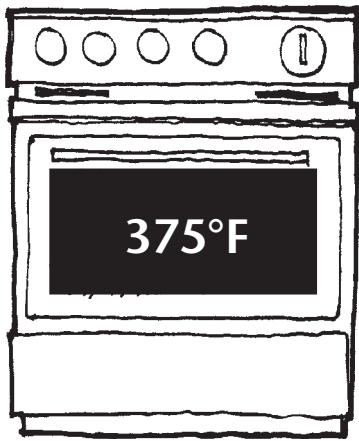
8 ounces lasagna

(half of 1-pound package)

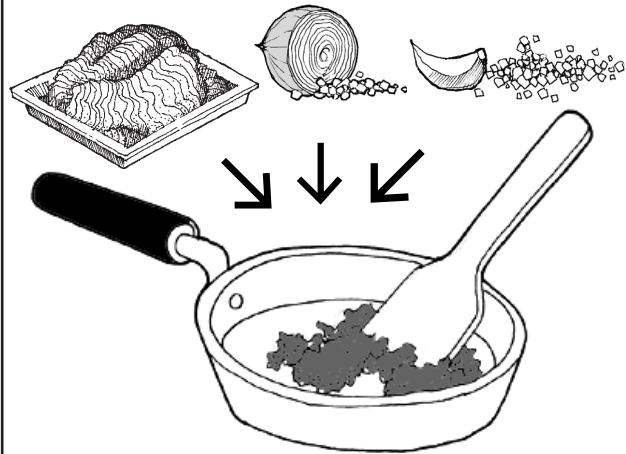


Lasagna

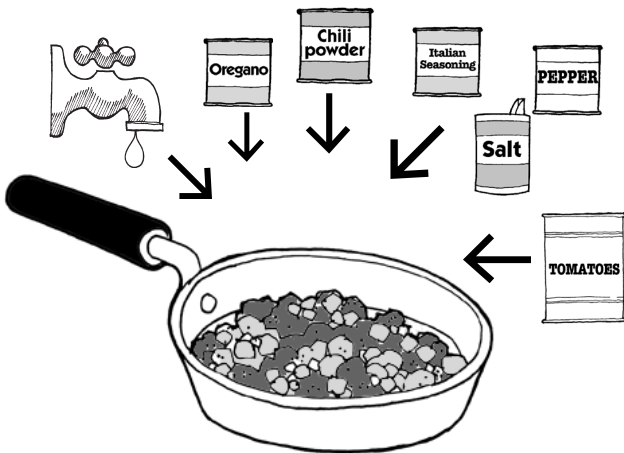
1 Preheat oven to 375°F.



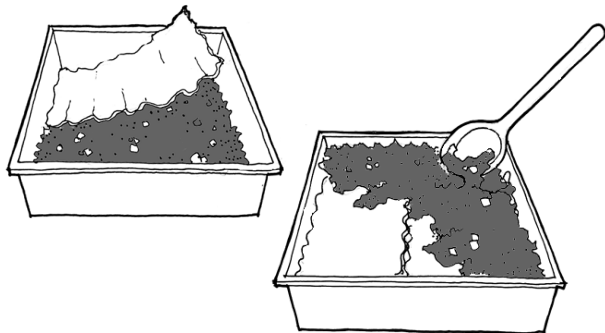
2 In a large skillet, brown beef, onion, and garlic. Drain off fat.



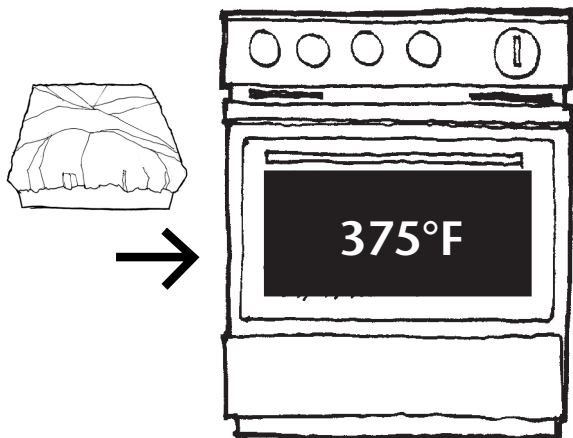
3 Add remaining ingredients and bring to a boil. Turn off heat.



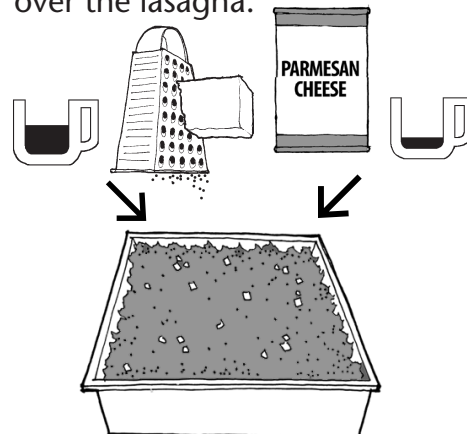
4 In a 9x13-inch baking pan or two 8 x 8-inch baking pans, spread a thin layer of meat sauce, then add a layer of lasagna noodles and cheeses. Repeat layers ending with the meat sauce.



5 Cover tightly with foil or lid. Bake in a 375°F oven for 1 hour.

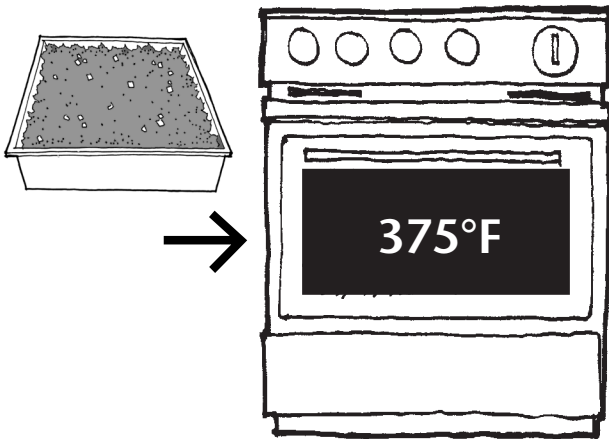


6 Remove from oven and remove foil. Sprinkle reserved ½ cup of grated cheese and ¼ cup of Parmesan cheese over the lasagna.

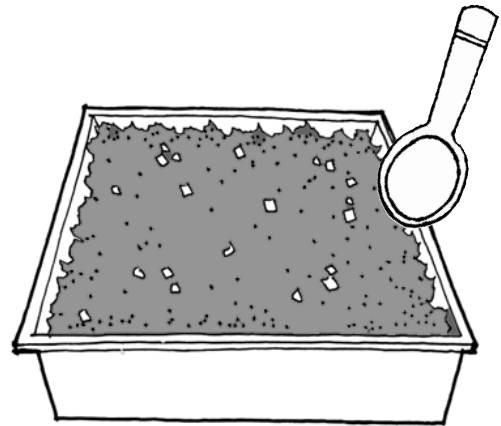


Lasagna

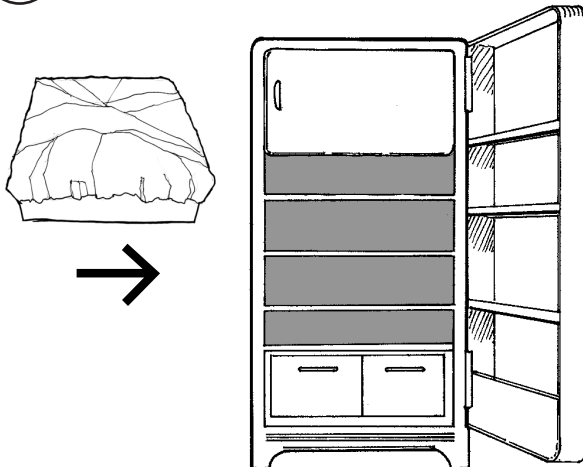
- 7** Return to oven for 5 minutes or until cheese has melted.



- 8** Remove from oven and let stand for 10–15 minutes before serving.



- 9** Refrigerate leftovers within 2 hours.



Lasagna gives us:



PROTEIN

Builds and repairs skin, muscle, and blood.

B
VITAMINS

Turn food into energy.



CALCIUM

Builds strong bones and teeth.

VITAMIN
A

Keeps skin and eyes healthy.

VITAMIN
C

Keeps gums and blood vessels healthy.

If you are a vegetarian, you can use spinach instead of meat.

Lasagna

Ingredientes

Para 10 a 12 porciones

La salsa de la carne

1 libra de carne molida



1 cebolla, finamente picada



1 diente de ajo, finamente picado

(o 1/8 cucharadita de ajo en polvo)



1 cucharadita de chile en polvo



1 cucharadita de orégano



2 cucharaditas de sazónador Italiano



Sal y pimienta negra a su gusto



3 tazas de salsa de tomate

(3 latas de 8 onzas)

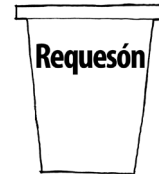


1 1/2 tazas de agua

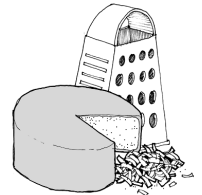


Los quesos

1 pinta de requesón o queso "ricotta"



1 libra de queso mozzarella, rallado



Guarde 1/2 taza de queso rallado para usarlo encima de la lasagna al final con 1/4 de taza de queso parmesano.

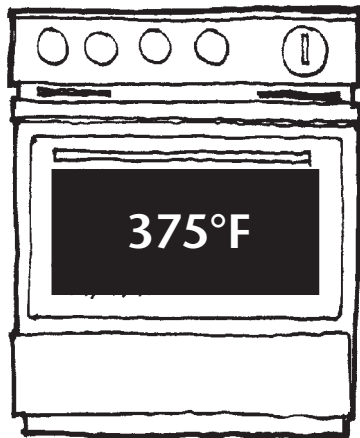
Lasagna

8 onzas de lasagna (1/2 paquete de 1 libra)

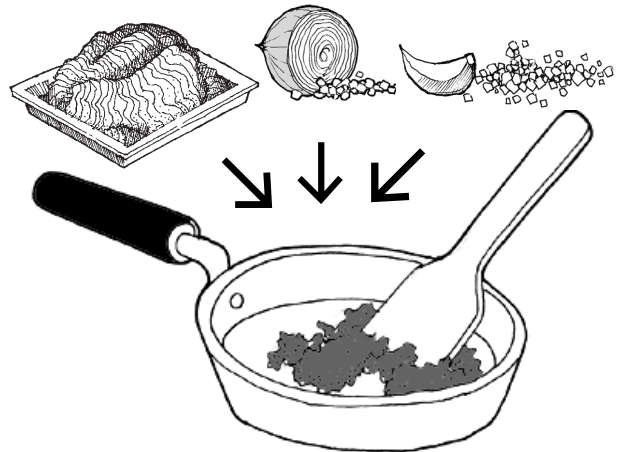


Lasagna

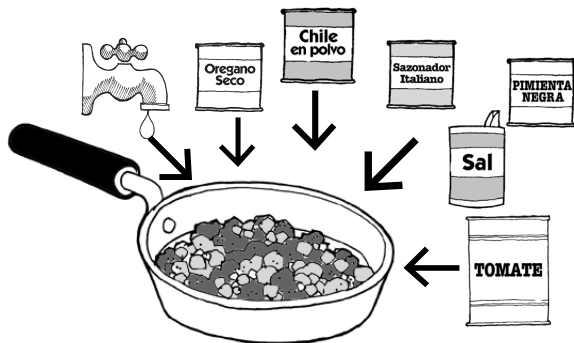
1 Caliente el horno a 375°F.



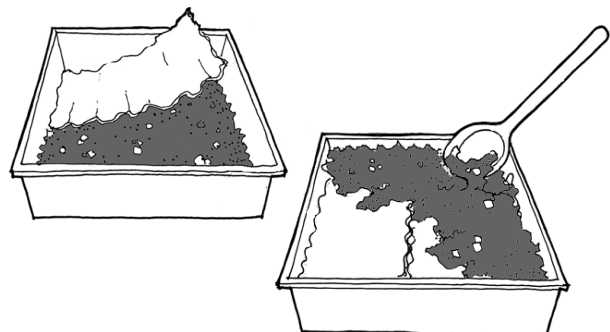
2 En una sartén, cocine la carne, la cebolla y el ajo. Quítele la grasa.



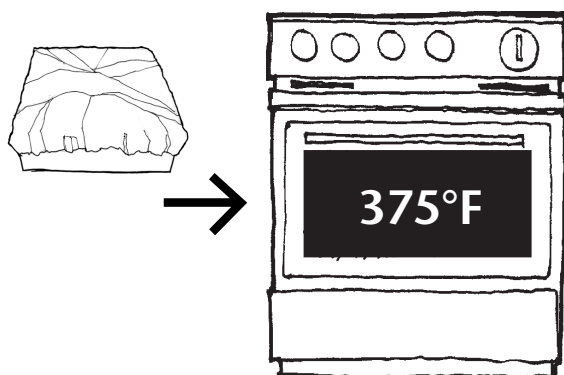
3 Añada el chile en polvo, el orégano, el sazónador Italiano, la sal y pimienta, la salsa de tomate y el agua.



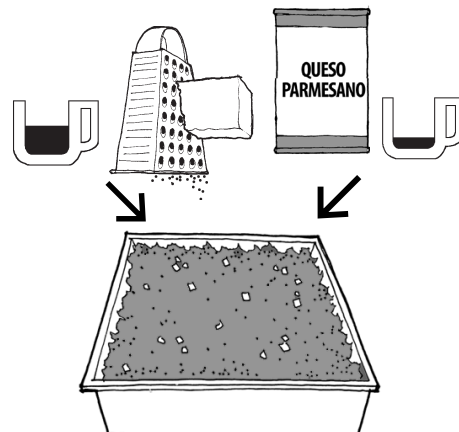
4 En un molde de hornear grande (9" x 13") o dos chicos (8" x 8") ponga una capa de salsa de la carne, encima una capa de lasagna y una de queso. Repita las capas hasta que el molde se llene, con la salsa de la carne al final.



5 Tape el molde bien con papel aluminio para contener el vapor en el molde mientras hornee. Hornee la lasagna a 375°F por una hora.

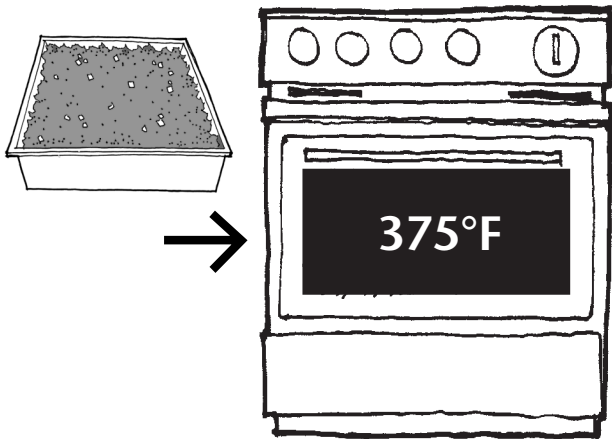


6 Saque el molde y quite el papel aluminio. Rocée con queso mozzarella y queso parmesano si lo tiene.

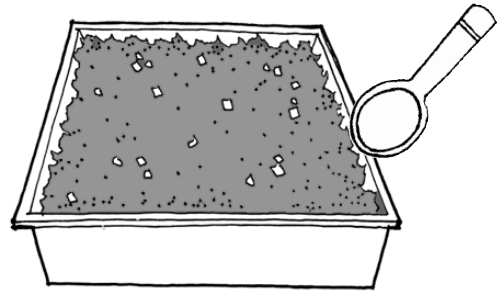


Lasagna

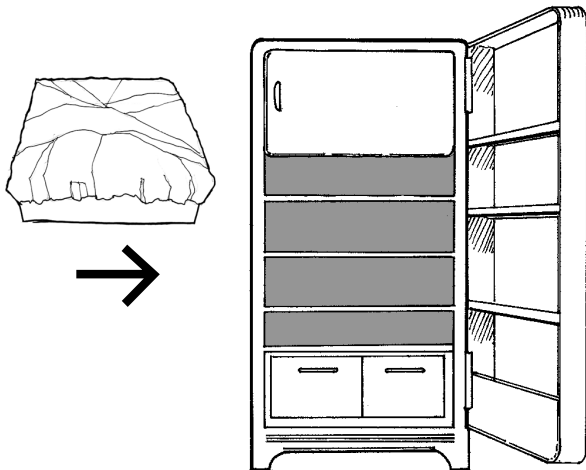
- 7** Hornee por otro 5 minutos o hasta que el queso se derrita.



- 8** Saque el molde y déjelo reposar afuera del horno por 10 a 15 minutos antes de servir.



- 9** Guarde lo que no se coma en el refrigerador dentro de 2 horas.



La Lasagna nos da:



PROTEÍNA

Hace y repara la piel, músculos y sangre.

VITAMINAS
B

Convierten los alimentos en energía.



CALCIO

Forma los huesos y dientes fuertes.

VITAMINA
A

Mantiene la piel y los ojos sanos.

VITAMINA
C

Mantiene sanas las encías y las venas.

Si quiere una lasagna vegetariana, puede usar espinaca en vez de carne.