

Classic Lasagna with a Friend

Lasagna can be a little time consuming but comes together easily with a partner in the kitchen – plus it yields two full lasagnas so you can share the reward of your hard work or freeze one for later!

CHEF'S NOTES

Consider using loaf pans to make 6 pans of lasagna each serving 2-4 people. Lots of vegetable combinations work in the sausage layer like carrots, yellow squash, eggplant or bell peppers.

YIELD 24 SERVINGS	PREP TIME 1.5 HOURS	TOTAL TIME 2 HOURS
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INGREDIENTS

For the Tomato Sauce:

2 tsp	Olive or Canola Oil
2 each	Onions, yellow, julienne
8-10 each	Garlic cloves, minced
3 Tbsp	Tomato Paste
2 cans	Tomatoes (whole or crushed, 28 oz.)
2 cups	Water
½ tsp	Kosher Salt
¼ tsp	Black Pepper
Pinch	Red Pepper Flakes
2-3 tsp	Dried Herbs & Seasonings (Oregano, Basil, Fennel Seed, Marjoram)

For the Spinach & Cheese Filling:

3 cups	Frozen Chopped Spinach, thawed and drained
3 lbs.	Ricotta Cheese, part-skim
10 oz.	Mozzarella Cheese, part-skim, grated
6 oz.	Parmesan Cheese, grated
10-15 each	Fresh Basil Leaves, chiffonade (thin)
4 Tbsp	Fresh Chives, chopped
2 tsp	Fresh Marjoram or Thyme, chopped
½ tsp	Kosher Salt

For the Bechamel Sauce:

½ cup	Butter, unsalted
½ cup	Olive or Canola Oil
1 cup	Flour, all-purpose
8 cups	Skim Milk
½ tsp	Kosher Salt
¼ tsp	Black Pepper, ground
¼ tsp	Nutmeg, ground

For the Sausage & Vegetable Filling:

1 lb.	Italian Sausage (hot or sweet)
2 cups	Mushrooms, diced (8 oz. package)
2 cups	Zucchini, diced (about 1 medium)
½ tsp	Kosher Salt
¼ tsp	Black Pepper

For the Lasagna Assembly:

2 boxes	No-Boil Lasagna Noodles
6 oz.	Mozzarella Cheese, grated
2 oz.	Parmesan Cheese, grated

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F if you plan on baking and eating your lasagna after assembly.

2. Make the Tomato Sauce: Heat a large sauce pot over medium heat. Once hot, add the oil and then the onions. Sauté for 7-10 minutes, until the onions are translucent. Turn the heat down to low. Add the garlic and sauté for another 3 minutes, until fragrant.

3. Add the tomato paste and cook for 3 minutes, until darkened in color. Add the canned tomatoes (and their juices) Use 2 cups of water to rinse out the inside of the cans and add to the pot. Season

with the ½ tsp salt, ¼ tsp pepper, pinch of flakes and dried herbs. Bring to a simmer, turn the heat to low and cover. Allow to cook for 30-45 minutes, stirring occasionally.

4. To finish the sauce, use a stick/immersion blender to puree the sauce to your desired consistency. We recommend leaving it a little chunky (alternatively, this step can be done in batches in a blender).

5. Make the Spinach & Cheese Filling: After thoroughly squeezing all the liquid out of the frozen spinach (use a clean kitchen towel), mix all the ingredients in a large bowl and set aside.

6. Make the Bechamel Sauce: Melt the butter and oil together in a large saucepot over low heat. Whisk in the flour. Allow to cook for 5-7 minutes. Add the milk and seasonings and raise the heat to medium. Cook for 5-7 minutes until the desired consistency is reached. Taste and adjust the seasonings, if needed. If the sauce becomes too thick, add a little water. Set aside.

7. Make the Sausage & Vegetable Filling: Heat a large sauté pan over medium-high heat and add the sausage once hot. Allow to cook until brown on the bottom before flipping and breaking up. Cook until no pink remains. Remove to a bowl, leaving fat in the pan. Add the mushrooms and zucchini to the pan and cook for about 7 minutes, until the vegetables are soft. Season with the ½ tsp salt and ¼ tsp pepper. Add the cooked vegetables to the sausage, mix to combine and set aside.

8. TIME FOR ASSEMBLY! Gather two 9" x13" baking dish (glass, ceramic, aluminum, or disposable foil). Continue layers in the following order:

Layer of bechamel sauce

Place 3-4 sheets of the pasta over the sauce in an even layer (avoiding overlap if you can)

Layer of tomato sauce

Layer of sausage & vegetable mixture

3-4 more sheets of pasta in an even layer

Layer of spinach & cheese filling

Layer of tomato sauce

Continue alternating layers until your pan is full, almost to the top

Finish with a layer of tomato sauce and the grated mozzarella and parmesan cheeses on top

9. Cover the finished lasagna with a piece of parchment paper and then foil. Place on a sheet tray and bake for 45 minutes. Remove the foil and bake for an additional 20 minutes to allow the cheese to get nicely browned. Let rest for at least 20 minutes before serving to someone you love!

To Freeze Lasagna for Later: We recommend using disposable foil pans, being careful to wrap foil tightly on top. Cool thoroughly (in the refrigerator) before freezing for up to 3 months. Once ready to serve, defrost overnight in the refrigerator and bake at 350°F for 60 minutes, until cooked through and bubbling, remove the foil and bake for an additional 20 minutes to allow the cheese to get nicely browned. Allow to rest 20 minutes.

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Nutrition Facts

24 servings per container

Serving Size 3" x 4" square slice (339 g)

Amount per serving

Calories 450

% Daily Value *

Total Fat 26g 33%

Saturated Fat 11g 56%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 7g

Cholesterol 65mg 21%

Sodium 680mg 30%

Total Carbohydrate 32g 12%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 23g 46%

Vitamin D 1mcg 6%

Calcium 550mg 43%

Iron 2mg 10%

Potassium 600mg 13%

Vitamin A 300µg 37%

Vitamin C 15mg 15%

Vitamin E 1mg 9%

Vitamin K 80µg 66%

Vitamin B-6 0.3mg 17%

Folate 70µg 17%

Vitamin B-12 1.3µg 54%

Phosphorus 430mg 35%

Zinc 3mg 26%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

