

LASAGNA WITH SAUCE

Makes 12-15 servings and 8 ½ cups sauce

Ingredients:

- 8 ½ cups sauce
- 9 lasagna noodles (8-ounce box)
- 6 cups shredded mozzarella cheese
- 1 cup parmesan cheese
- 3 cups low fat cottage cheese

Instructions:

1. Add a small amount of oil to 2 quarts rapidly boiling water. Cook lasagna noodles until al dente (firm to the bite).
2. Drain hot water and shock noodles (rinse in cold water). Drain and set aside.
3. Combine together shredded mozzarella and parmesan cheese. Spray or lightly grease a 9" x 13" pan. Layer ingredients:
 - 3 cups lasagna sauce (spread evenly over entire bottom)
 - 3 cooked noodles (to cover completely)
 - 1 ½ cups cottage cheese
 - 2 cups cheese mixture
 - 3 cooked noodles (to cover completely)
 - 3 cups lasagna sauce (spread evenly over entire pan)
 - 1 ½ cups cottage cheese
 - 2 cups cheese mixture
 - 3 cooked noodles
 - Remaining lasagna sauce
4. Tuck all noodle ends down the sides of the pan. Bake at 350°F for 40-45 minutes or until the internal temperature is 160°F. Let stand 20-30 minutes. Garnish with leftover cheese mixture.

SAUCE

Ingredients:

- 1 ½ pounds ground beef
- 1 cup onions, chopped
- 1 teaspoon garlic powder
- 2 teaspoons oregano leaf
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 can (28 ounces) crushed tomatoes
- 1 can (12 ounces) tomato paste
- 10 ounces American cheese slices

Instructions:

1. In a 2-quart sauce pan, brown ground beef. Drain excess fat. Add onions, garlic powder, oregano, salt, black pepper, crushed tomatoes, tomato paste and water. Mix together well.
2. Add American cheese, combine into mixture until completed melted and incorporated.
3. Simmer sauce uncovered for 20 minutes.



Recipe courtesy of Eat at State, Michigan State University

