

Let's Talk Food Literacy

Layered Lasagna

Makes 12 servings

Ingredients

Protein foods:

- 454g ground meat (e.g. beef, chicken, TVP)
- 200g mozzarella cheese
- ½ cup parmesan cheese (OPTIONAL)

Vegetables:

- 1 onion
- 2 cloves garlic
- 1 carrot
- 2 ribs of celery
- 1 red pepper
- 650ml pasta sauce
- 1 can (796mL) diced tomatoes

Grains:

- 12 whole wheat lasagna noodles

Other:

- 2 Tbsp vegetable oil, divided
- 1 tsp dried herbs (e.g. thyme, oregano, basil)
- Salt and Pepper
- Tinfoil
- Parchment paper (OPTIONAL)



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Tips and Tricks:

- **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- **Adapt this recipe** to your family's taste.
- **Use a *calibrated* thermometer** to see if meat is cooked to 74°C (or 165°F). *How do I calibrate?* Fill cup with ice, add water. Insert thermometer. Adjust the dial to read 0° (32°F).
- **Get creative!** Use different vegetables you have in the fridge or freezer. Try cheddar cheese.

Watch the how-to video! [youtube.com/shorts/ZS2E_ntbZk0](https://www.youtube.com/shorts/ZS2E_ntbZk0)

Directions

1. Turn oven to 350°F. Set out all the ingredients.
2. Rinse onion, garlic and vegetables under cool running water.
3. Chop onion and garlic. Dice celery. Peel and grate carrot. Dice red pepper. Grate mozzarella cheese.
4. Add 1 Tbsp oil to a large pot and heat on MEDIUM. Add ground meat. Meat is ready when it reaches 74°C (or 165°F) or is no longer pink. Remove meat and put on a clean plate.
5. Add 1 Tbsp oil to pot. Add onion, garlic, vegetables, salt, pepper and herbs. Cook for 7 minutes. Stir often.
6. Add meat back to the pot. Add pasta sauce and diced tomatoes. Heat, stirring often.
7. In a 8 X 8 or 10 X 10 inch baking pan, spread ¾ cup of meat sauce. Cover with raw lasagna noodles. Cover with sauce. Repeat twice. Top final layer of noodles with sauce.
8. Sprinkle cheese. Cover with parchment paper and then tinfoil.
9. Bake in oven for 1 hour. Remove foil and parchment. BROIL for 5 minutes. Remove from oven. Wait 15 minutes before serving. Serve with vegetables and a whole grain.