



LASAGNAS

For the red lasagna, I cook 9 noodles, use 3 layers, each, of 3 noodles, then layer 1/3 of each of the following

2 eggs mixed w/1pound full fat cottage or ricotta cheese (fat free tastes awful)

1 pound of ground beef, cooked

2-3 cups mozzarella (on 3rd layer, put cheeses on top)

3 cups tomato sauce or spaghetti sauce,

Oregano and/or basil; salt & pepper

1/2 cup grated parmesan on top

Cover with foil and bake for 30 minutes; remove foil and bake until bubbly, 15-20 minutes longer.

As for the white lasagna, use the same technique, with no tomatoes. I make a rich white sauce--béchamel--and add the parmesan and maybe other flavorful cheese like feta or goat cheese, plus up to 1/2 cup pesto sauce. Instead of meat, add veggies such as zucchini, yellow squash, broccoli, spinach, carrots, etc. between layers of pasta and sauces. Salt vegetables liberally.