

Italian Sausage and Vegetable Lasagna

12 servings

1 lb Italian sausage, 2 lbs tomato sauce
½ lb Mozzarella cheese, ¼ lb Parmesan cheese
1 lb Ricotta cheese, 10 oz package Lasagna noodles
¼ lb each of zucchini, onion, mushrooms, & broccoli
1 egg, garlic, parsley, basil, and Italian seasoning to taste.
Recipe = 3189 g, 5830 Calories, 297 Pro, 467 Cho,
320 fat, 13,855 Na
1 serving =266 g, 486 Cal, 25 Pro, 39 Cho, 27 fat,
1,155 Na



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Ingredients: 498 g Italian Sausage, 1024 g Tomato sauce, 224 g Mozzarella cheese, 120 g Parmesan cheese, 453 g Ricotta cheese, 300 g Lasagna noodles, 28 g olive oil, 124 g zucchini, 110 g onion, 120 g mushrooms, 120 g broccoli, 33 g egg, 8 g Garlic, Parsley, Basil, and Italian Seasoning to Taste.

Making a dish from scratch or fresh ingredients always creates a more healthy meal than frozen, packaged lasagna. This meal will satisfy food group requirements such as Ca, dark green and varied vegetables, and meat (protein). Choose whole wheat lasagna noodles, a lean Italian sausage, and low fat cheese to make this even healthier. We've already prepared 4 bowls of ingredient mixtures that we will layer to make the lasagna. Preheat the oven to 375 degrees.

1. Cook 12 lasagna noodles according to the package directions.
2. Sauté the vegetable mixture (mushrooms, onions, zucchini, broccoli and/or any vegetables of your choice) for a few minutes in olive oil and some salt and pepper.
3. Brown 1 lb of sweet Italian sausage with 2 cloves of garlic and 1 small onion. Add a can of crushed tomatoes, 2 cans of tomato paste, and 2 cans of tomato sauce of your choice. We chose to use the Italian flavored tomato sauce. Add 1 ½ tsp. dried basil leaves, 1 tsp. Italian seasoning, 2 Tbsp. chopped fresh parsley, 2 Tbsp sugar, salt, pepper, and ½ cup water. We simmered this mixture for 1 hour to let the spices and sausage mix for flavor.
4. Our last bowl contains the cheese mixture, including a 16 oz package of Ricotta cheese, 1 egg, ¼ cup parmesan cheese, and 2 Tbsp. parsley. It's time to start layering.

Add enough meat sauce to cover the bottom of the dish. Add a layer of lasagna noodles. Then, add a layer of the cheese mixture, along with some sprinkled mozzarella cheese that was kept separate from the cheese mixture. On top of this spread some of the vegetable mixture evenly. Keep adding layers in this order until you end with a layer of noodles. Cover this with mozzarella cheese and Italian spices. Bake in the oven for about 50 minutes. Cool a little then cut into 12 servings. Enjoy!