

# Lasagna

- 1 can tomato sauce with meat (680 mL)
- 1 cup cottage cheese (250 g)
- 1 can (284 mL) mushrooms (drained)
- ¼ cup Parmesan cheese
- 9 lasagna noodles (about ½ package)
- 1 cup mozzarella cheese, grated (115 g)
- ½ pound ground beef
- 1 medium onion
- ½ pkg frozen spinach
- 1 teaspoon oregano



## Preheat oven to 350° F.

1. In a large pot of rapidly boiling water, add:  
Lasagna noodles                      9 dry (about ½ box)

Cook until soft, about 15 minutes. Drain noodles and set in a bowl of cool water (so noodles don't stick together).

2. Bring water to a boil and add lasagna noodles. Cook until soft, about 12 minutes. Drain noodles and set aside.
3. In a large frying pan, add:  
Lean ground beef
4. In a square pan, layer the ingredients in the following order:
  - layer of cooked noodles
  - ½ of tomato sauce and ground beef & ½ can of mushrooms
  - layer of cooked noodles
  - 1 cup cottage cheese & ¼ cup Parmesan cheese
  - layer of cooked noodles
  - ½ of tomato sauce and ground beef & ½ can of mushrooms
  - top with mozzarella cheese

4. Cover the pan with aluminum foil or a cookie sheet.
5. Place in oven at 350° F and bake for 30 minutes.

## Serves 6