

Lasagna

Ingredients

12 whole grain lasagna noodles

2 cups mozzarella or swiss cheese - reserve ½ cup for topping

½ cup grated parmesan cheese, for topping

Ricotta filling:

1 16 oz. container ricotta cheese

1 10oz. pkg. frozen chopped spinach, thawed and drained well

2 Tbsp. dried parsley

1 egg

½ tsp. ground black pepper

Sauce:

2-3 Tbsp. olive oil

4-6 cloves garlic, minced

1 link (2½ – 3oz.) sweet or hot Italian Sausage

1 28oz. can ground, peeled tomatoes

1 15 oz. can diced tomatoes

½ cup wine (any type)

1 bay leaf

1 tsp. dried basil or Italian seasoning

Preheat oven to 350 °F

Coat 13 x 9 inch pan with cooking spray or oil

Lasagna

Mise en place! (Everything in its place)

Directions

1. Cook lasagna according to package directions. Drain and shock with cold water. Place noodles in pan, separating layers with wax paper.
2. **For topping:** Combine ½ cup reserved mozzarella or swiss with parmesan and set aside.
3. **To prepare the sauce:** In medium saucepan over low heat, sauté the garlic in olive oil, 2-3 minutes, just until softened.
4. Add the sausage and sauté until no longer pink.
5. Add the rest of the sauce ingredients and bring to a simmer. Simmer 20-25 minutes until thickened. Remove bay leaf.
6. **To prepare the ricotta filling:** Combine all the filling ingredients and mix well.
7. **To assemble:** Spread about ½ cup sauce on the bottom of the pan. Layer 4 noodles, overlapping the edges. Spread approximately 1 ½ cups sauce over the noodles, ½ the ricotta mixture and ½ the mozzarella or swiss. Repeat with 4 more noodles, sauce and the rest of the ricotta mixture and mozzarella or swiss. Finish with the last 4 noodles, the rest of the sauce and the reserved grated cheese mixture.
8. Bake for 1 hour until top is lightly browned and lasagna is hot and bubbly. Remove from oven and allow to “setup” for 20 minutes. Cut into serving pieces.

[Link to Video](#)

Lasagna

Notes: The dish can be completely assembled and refrigerated up to 24 hours before heating or wrapped in plastic wrap and frozen for up to two months.

Preparing the sauce and noodles ahead of time will make preparation quick and easy. I prepare the sauce a day or two in advance. This recipe will make approximately 4 cups, which I find is perfect for this size lasagna. Double the recipe if you prefer a saucier lasagna. It's also nice to have some sauce for any leftovers, since the noodles tend to absorb some of the sauce after refrigerating it. Any leftover sauce can be frozen.

The noodles can be prepared a day in advance. After cooking the noodles, "shock" them with cold water. Oil a 13 x 9 (or larger) pan and place three noodles, side by side in the pan. Place wax paper or plastic wrap over this layer to prevent sticking. Repeat this layering with the rest of the noodles. Cover the pan with plastic wrap to prevent drying out. Refrigerate.