



Classic Lasagna with Meat Sauce

Serving Size: 1 Piece Lasagna; Calories 378; Total Fat 15.3g; Sodium 591mg; Total Carbohydrate 30g; Dietary Fiber 3g; Protein 27g

Ingredients:

- 1 1/2 cups ricotta cheese
- 8 oz part-skim mozzarella cheese, shredded (about 2 cups)
- 1/4 cup chopped fresh flat-leaf parsley leaves, divided
- 1 1/2 tablespoons unsalted butter, melted
- 1 tablespoon finely chopped fresh oregano
- 5 garlic cloves, minced and divided
- 1 large egg, lightly beaten
- 12 oz extra lean ground beef (93% lean)
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 1 (25 oz) jar lower-sodium marinara sauce
- 9 lasagna noodles, cooked
- 1 oz parmesan cheese, grated (about 1/4 cup)

Equipment Needed:

- Large nonstick skillet
- 11x7-inch baking dish

Fresh-to-Dried Herb Converter:

1 teaspoon of dried herbs for every 1 tablespoon of fresh herbs

Prep Time	Total Time	Servings
20 min	1 hr 10 min	12



Instructions:



1. Heat oven to 375°F. In a bowl, combine ricotta, 1 cup mozzarella, 2 tablespoons parsley, butter, oregano, 1 minced garlic clove, and egg. Set aside.



2. Place ground beef in a large nonstick skillet over medium-high heat. Sprinkle with black pepper, red pepper, and remaining 4 minced garlic cloves.

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Instructions Continued:



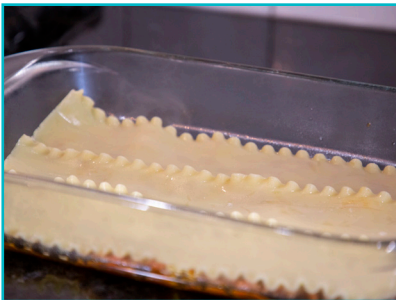
3. Cook beef for 9 minutes or until browned, stirring to crumble. Drain beef.



4. Return beef to skillet. Stir in marinara sauce and remove from heat.



5. Coat baking dish with cooking spray. Spread 1/2 cup meat sauce in bottom of the dish.



6. Arranged 3 cooked noodles on top of the sauce.



7. Top noodle layer with 1 cup of meat sauce.



8. Again, arrange 3 cooked noodles in dish.



9. Top noodle layer with all of the ricotta mixture.



10. Spread 1 cup meat sauce on top of ricotta mixture.



11. Arrange remaining 3 noodles on top.

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Instructions Continued:



12. Spread remaining sauce over noodles.



13. Sprinkle evenly with remaining mozzarella cheese and parmesan cheese.



14. Cover with foil coated in cooking spray. Bake for 30 minutes.



15. After 30 minutes, uncover and bake for 10 more minutes or until bubbly.



16. With lasagna in the oven, preheat broiler to high.



17. Broil lasagna for 1 to 2 minutes until cheese is golden brown. Remove from oven and let stand for 10 minutes.



18. Sprinkle with remaining 2 tablespoons parsley. Cut into 12 pieces and serve.



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Extension - Lawrence County

