THE RECIPES

GF FVFRYTHING-ON-THF-FARM LASAGNA

"Boyled to Perfection" - Boyle County High School

1 lb lean beef 3 cloves garlic 1/2 onion 1 tsp olive oil Salt and pepper to taste 28 oz crushed tomatoes 2 tbsp chopped fresh basil

Preheat the oven to 375° F.

Sauce Prep

3 medium zucchini, sliced 1/8" thick 15 c 16 oz part-skim mozzarella 1/4 cheese, shredded 1 la

15 oz part-skim ricotta 1/4 cup parmigiano reggiano

1 large egg

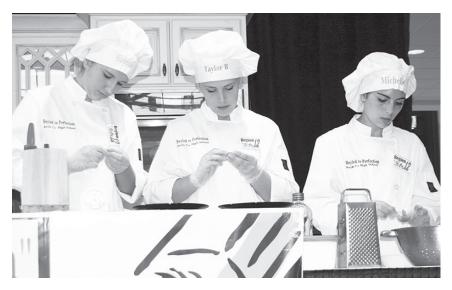
In a medium sauce pan, brown meat and season with salt. When cooked, drain in colander to remove any fat.* Add olive oil to pan and sauté garlic and onions about 2 minutes. Return meat to pan. Add tomatoes, basil, salt and pepper. Simmer on low for at least 10 minutes, covered. Do not add extra water; the sauce should be thick.

Zucchini Prep

Slice zucchini into 1/8" thick slices. Season lightly with salt and set aside for 10 minutes. After 10 minutes, blot excess moisture with a paper towel. In a grill pan, grill zucchini on each side until cooked (about 1-2 minutes per side). Place on paper towels to absorb any excess moisture.

Cheese Prep

In a medium bowl, mix ricotta cheese, parmesan cheese, and egg. Stir well.



In a 9"x13" casserole dish, spread a portion of sauce on the bottom. Layer zucchini to cover. Place a portion of cheese mixture atop zucchini. Top with mozzarella

uncovered for 10 minutes. Let stand before serving.

sauce and mozzarella. Cover with foil. Bake for 35 minutes covered at 375°, then

cheese. Repeat process until all ingredients are used up. Top with remaining