

May 1, 2015

Recipe: Green Lasagna

Spinach Lasagna Noodles layered with a Tomato Meat Sauce (Beef or Turkey), Béchamel, and Parmesan Cheese

Servings: 8

- 3/4 pound ground beef, lean, (or turkey)
- 1 onion, medium, chopped
- 1 tablespoon olive oil
- 1 clove garlic, large, minced
- 1 28 oz. can tomatoes, Italian
- 2 tablespoons basil, dried
- 1/2 teaspoon oregano, dried
- 1 teaspoon sugar
- salt and pepper, to taste
- 6 tablespoons butter
- 4 tablespoons flour
- 3 cups milk
- 1/2 pound lasagne noodles, spinach, cooked
- 1 1/3 cups Parmesan cheese, grated
- 2 tablespoons butter, dot on top



Meat Sauce: Saute ground beef or turkey with onions for 10 minutes (if using ground beef, do not use olive oil and drain off meat fat after sautéing; if using turkey, use 1 tbsp olive oil to saute and do not drain). Add garlic and cook for 2 minutes. Drain and chop tomatoes, reserving juice. Add tomatoes, juice, and herbs to meat. Bring to a boil and cook until some of the liquid evaporates, about 5 minutes. Then add sugar. Season to taste with salt and pepper. Set aside until needed.

Béchamel sauce: melt butter in large saucepan. Stir in flour and cook for 2 minutes without browning. Heat milk and slowly add to flour/butter mixture, whisking constantly until thickened and smooth (about the consistency of thick cream.) Season to taste with salt and pepper.

Assembly instructions:
Spread small amount of tomato sauce on bottom of two 8"x8" aluminum tins. Layer noodles. Cover with more tomato sauce and some of the Béchamel sauce. Sprinkle with some Parmesan. Continue layering and end with layer of noodles. Spread top with remaining Béchamel sauce, dot with butter and sprinkle with the rest of the Parmesan.

Heating instructions:
Bake covered in 375 degree oven approximately 1 hour or until hot through middle. Uncover and place under broiler 1 to 2 minutes until bubbly.