

Homemade Lasagne Recipe

This is the time of year when many of us are busy with after school and evening activities. It can be challenging to eat healthy meals to keep up our energy and be on time for all of the commitments. This is something I find helpful for quick suppers, or lunches with a great homemade taste and lots of fuel for sports and other activities. Kids often love helping with this and learning about making your own noodles. Most recently a 7 year old girl made this noodle recipe with a small amount of help! This recipe serves 8 people.



Healthy Food For All

Homemade Pasta

2 cups flour 2 eggs ¼ cup water

Place the flour on a clean work surface in a mound. Gently push your fist into the center of the mound of flour. Break the eggs into the center. Mix in the flour slowly with a fork. Add water and mix until you have a soft dough (the texture of play dough). Knead by folding the dough in half, pressing then turning ¼ turn. Do this 20 – 40 times. Let the dough rest for 20 minutes. While the dough is resting prepare the sauce.

Pasta Sauce

1 pound lean ground beef	½ onion, diced
1 carrot, grated	1 cup diced zucchini
1 small can tomato paste	2 cans water (use the tomato paste can)
1 tablespoon Italian seasoning	4 tablespoons grated Parmesan cheese
½ cup cottage cheese	½ cup grated cheddar cheese
½ cup grated mozzarella cheese	

In a large frying pan, brown beef with onion, carrot and zucchini until no pink remains. Add tomato paste, water and Italian seasoning. Let sit. Go back to the homemade pasta dough. Roll out pasta very thin with a rolling pin or glass. Cut in strips. In a baking or casserole dish put a layer of pasta sauce, then a layer of noodles (leave some space between the noodles), a layer of cottage cheese and half of the parmesan cheese, a layer of pasta sauce, a layer of noodles, the remaining parmesan cheese, grated mozzarella and cheddar cheese. Bake at 375F for 30 to 45 minutes or until cheese is bubbly. You can double this recipe and freeze some for another day.

Midwest Food Resources is a local charity 'working with community towards healthy food for all'. Join one of our collective cooking groups and make this and other recipes for your family. Several of our children and adult cooking groups have made this recipe and it is also an excellent physical activity. Check us out on Facebook or our website:

www.midwestfoodresources.com