

Owensboro High School, Region 9 "Fear the Fork"

Vegetarian Lasagna

1 box Lasagna Noodles
30 oz Ricotta Cheese
12 oz Shredded Parmesan
2 Eggs
.66 oz freshly chopped Basil
8 – 4 oz scoops Marinara Sauce, separated
1 medium tomato, diced
½ onion, diced
1 Red pepper, diced
3 cloves Garlic, diced
1 medium Zucchini, diced
1 medium Yellow Summer Squash, diced
6 oz Shitake Mushrooms, chopped
½ lb. baby spinach, rinse and dry
1 ½ tsp. Red pepper flakes
1 tsp Italian seasoning
8 oz grated mozzarella cheese
Olive oil

Preheat oven to 350 F.

In a large pot, boil water for noodles. Once boiling, add noodles. In a bowl, mix together Ricotta Cheese, Shredded Parmesan, eggs, and basil. Set aside.

Start cooking onion in olive oil in soup pot.

When onions are transparent, add garlic and red peppers, mixing well. Cook for about 2 minutes.

Add zucchini, squash, mushrooms, tomato, red pepper flakes, and Italian seasoning. Mix well, cook for about 5 minutes.

Add 6 scoops marinara sauce to coat vegetables.

Coat lasagna dish with non-stick spray.

Place the first layer of lasagna noodles in pan. Spread vegetable mixture evenly over noodles.

Spread cheese mixture evenly over sauce layer. Top with another layer of lasagna noodles.

Repeat vegetable mixture, sauce, cheese mixture, and layer of noodles.

Top with thin layer of marinara sauce.

Cover with mozzarella cheese.

Bake for 40 minutes, or until temperature reaches 140 F.

Garnish:

On a plate, arrange 3-4 leaves of baby spinach in a fan in top right hand corner.

Place serving of lasagna in center of plate with corner overlapping spinach.

Using a squeeze bottle, create a straight line of marinara sauce on the plate along the left hand side and bottom of the lasagna.