

THE RECIPES

GF EVERYTHING-ON-THE-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 tbs chopped fresh basil

Preheat the oven to 375° F.

Sauce Prep

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

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

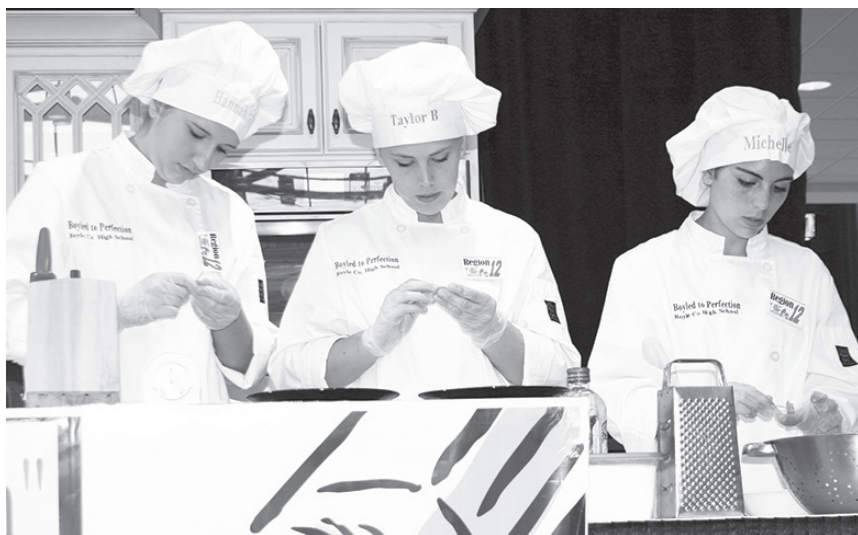
In a medium sauce pan, brown meat and season with salt. When cooked, drain in colander to remove any fat.* Add olive oil to pan and sauté garlic and onions about 2 minutes. Return meat to pan. Add tomatoes, basil, salt and pepper. Simmer on low for at least 10 minutes, covered. Do not add extra water;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



* - Consuming raw or uncooked meat may lead to a higher risk of food borne illness.

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 cheese. Repeat process until all ingredients are used up. Top with remaining sauce and mozzarella. Cover with foil. Bake for 35 minutes covered at 375°, then uncovered for 10 minutes. Let stand before serving.