

Lasagna

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Good, old fashioned, traditional lasagna! My Mom's recipe ☐

Serves 9, 9 FSP per serving

- 12 lasagna noodles
- 1 lb 96% lean ground beef
- 15 oz fat free ricotta cheese
- 8 oz part skim mozzarella
- 1/2 cup grated parmesan cheese
- 1 egg
- 2 tsp dried basil
- 2 tsp dried parsley
- salt and pepper to taste
- 3 cups spaghetti sauce **I use homemade, if you use jar sauce, adjust points accordingly**

1. Cook and drain noodles (unless you are using oven ready!)
2. Brown ground beef, drain.
3. Mix cheeses, egg and spices in a bowl.
4. In a 9X9 baking dish, put some sauce in the bottom of the dish to cover.
5. Lay on 4 noodles, overlapping. Put 1/2 meat on noodles. Spread 1/2 the cheese on top of meat. Top with 4 more noodles. Top with a generous layer of sauce, remaining meat, cheese and noodles and top with sauce.

6. Bake at 350, covered with foil for 30-40 minutes, remove foil and bake another 10 minutes. Let sit 10 minutes, cut into 9 squares.