

1. You want to make lasagna for your family. You found a recipe online. **Look at the instructions.** Write the missing information in the blanks (empty spaces).



## COOKING STEPS

### STEP 1

Heat oven to 350°F (180°C). Brown the meat in a Dutch oven set over medium-high heat; drain. Add pasta sauce and water; simmer for 10 minutes. Stir ricotta cheese with half the mozzarella cheese, the Parmesan cheese, eggs, parsley, salt and pepper in a separate bowl.



### STEP 2

Spread one quarter sauce in bottom of a lasagna pan. Arrange 3 uncooked noodles lengthwise over sauce. Cover with one quarter sauce. Spread half of the ricotta filling over sauce. Repeat layers of lasagna, sauce and ricotta filling. Top with remaining noodles, sauce and mozzarella cheese. Cover with foil.



### STEP 3

Bake for 45 minutes. Uncover and bake for 10 minutes or until bubbly. Let stand for 10 minutes before cutting.



First, you need to heat the \_\_\_\_\_ to \_\_\_\_ F. Put the meat in a pan over \_\_\_\_\_ -high heat until the meat is brown. Now, you add the \_\_\_\_\_ sauce and \_\_\_\_\_. \_\_\_\_\_ the sauce for 10 minutes. Put all the cheese in a bowl. Add the eggs, parsley, salt and \_\_\_\_\_.

Second, spread  $\frac{1}{4}$  sauce in the bottom of the \_\_\_\_\_ pan. Put \_\_\_\_\_ uncooked noodles over the sauce. Cover with  $\frac{1}{4}$  \_\_\_\_\_. Now, spread \_\_\_\_\_ of the ricotta filling over the sauce. Repeat the layers of lasagna, \_\_\_\_\_, and ricotta filling. Top with the remaining noodles, sauce and mozzarella \_\_\_\_\_. Cover the pan with \_\_\_\_\_.

Last, put the pan in the oven. Bake for \_\_\_\_\_ minutes. Now, take off the foil. Bake for \_\_\_\_\_ minutes or until the lasagna is bubbly. Take the lasagna out of the oven. Let it stand for 10 minutes before \_\_\_\_\_.

2. You want to buy ingredients for the lasagna. Use the shopping list below to copy the foods you need to buy. Remember, you don't need to buy every ingredient.

## INGREDIENTS

- Catelli Healthy Harvest Whole Wheat Lasagne
- Pasta Sauce 1 jar (796 mL)
- lean ground beef 1 lb (500 g)
- light smooth ricotta cheese 1 3/4 cups (425 ml)
- shredded part-skim mozzarella cheese 2 cups (500 ml)
- grated Parmesan cheese 1/2 cup (125 ml)
- eggs, beaten 2
- chopped fresh parsley 1/4 cup (50 ml)
- salt and black pepper 1/2 tsp (2 ml) each
- water 1 1/2 cups (375 ml)

3. Write a shopping list. Copy the ingredients you need. Copy how much you need of each ingredient. The first one is done for you as an example.



## Shopping List

Lasagna noodles	1 box