

# Healthy Fat Lasagna

By Tiffany L



**Warning:** Most likely really fattening, most likely don't tell your children what is in it, because they probably will love it but say they don't like the ingredients. It has some really healthy ingredients, which can make it good for you. I haven't done any schematics on it so I have no idea what the calories, or other specifics are, so don't bother asking. Also it's fairly expensive to make, I only make it like once a year.

○ Standard Cake Pan	<b>Canned Goods</b>
○ Lasagna Noodles	○ 24 oz Can/Jar Chunky Garden Pasta Sauce
<b>Fresh Vegetables</b>	○ 14.5 oz Can Fire Roasted Tomatoes
○ 8oz Baby Bella <b>Fresh</b> Mushrooms	
○ 6 oz <b>Fresh</b> Baby Spinach	<b>Seasoning</b>
○ ½ yellow Onion (finely chopped)	○ Minced Garlic
<b>Dairy</b>	○ Oregano
○ 15oz. Ricotta	○ Italian Seasoning
○ 8 oz Italian 4 Cheese	○ Mrs. Dash Original Blend
○ 8 oz Mozzarella Cheese	<b>Meat</b>
○ 2 eggs	○ 1.5 lbs of Ground Beef

Honestly my kids hated all the vegetables in this recipe and were very surprised to find out they loved it and what was in it. It was fun hiding it from them and eventually telling them what was in it. I am assuming either you have made Lasagna before or have some cooking experience.

1. Brown the 1.5 lbs. of Ground Beef
2. I cook the noodles only half way, enough I can layer them and they bake a bit faster, preferring this because it's not as soupy at the end or you can add extra water to the pan and cover with foil while it cooks.
3. While the noodles are cooking I take the Ricotta, Italian 4 Cheese, Onion (finely chopped), and all the seasoning's (to taste) and stir them well together with the eggs, till it's a thick paste. This hides the onion and the strong ricotta flavors when it's finished cooking, giving it an enhanced flavor instead of only tasting one or the other they blend well.
4. Now I layer a bit of pasta sauce to the bottom of the cake pan, so that the noodles do not stick to the bottom of the pan.
5. Then I layer the noodles, with ingredients, as long as one layer is: Spinach, Mushrooms, and Roasted Tomatoes (including the entire can). This will cook the spinach and mushrooms well, more flavors, and I ONLY use Fresh Spinach and Mushrooms, canned just doesn't have the same flavor. Saving the mozzarella, pasta sauce and some burger for top.
6. The Cheese paste can be difficult to spread I glob a spoonful on and use the spoon to smooth it over the best I can.
7. Once all your layers are done I use the Mozzarella and some of the Burger for the top layer and pour what's left of the pasta sauce. If you don't want the kids to know it has Spinach in it I wouldn't use it as garnish like I did in the picture.
8. Preheat the oven for 350° and bake for 45 minutes, Check if not done you can leave it for a bit longer.

I know my family loves my lasagna, I hope yours does as well enjoy.

Tiffany L.