



Beef Lasagna

Makes: 50+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
20 cups	meat sauce (see recipe)	5 L
3 (12 oz) boxes	oven-ready lasagna noodles*	3 (340 g) boxes
16 cups (4 lbs)	mozzarella cheese, grated	4 L (1.9 kg)
4 cups (4lbs)	spinach, steamed, squeezed, and chopped	1 L (950 g)
2 (17 oz) tubs	ricotta cheese or cottage cheese	2 (475 g) tubs
Optional:	roasted veggies (peppers, eggplant, zucchini, etc.)	

Instructions

1. Preheat oven to 350°F (180°C).
2. Prepare sauce. (Sauce can be prepared up to two days ahead.)
3. In a medium bowl, combine spinach and ricotta.
4. Spray necessary number of baking dishes with cooking spray.
5. Ladle a small amount of sauce into the bottom of each dish. Top with a layer of noodles. Next, add a layer of ricotta mixture. Top with more noodles, followed by more sauce. Repeat until desired thickness is reached. Finish with mozzarella cheese.
6. Bake according to instructions on noodle package (usually 45 minutes – 1 hour) until noodles are soft and lasagna is golden and bubbling.
7. Allow lasagna to sit 5 minutes before serving (to allow cheese to set).

Vegetarian Substitution suggestion: Tofu Lasagna

Use Tofu Pasta Sauce (see recipe) instead of Meat Sauce. Otherwise, use same remaining ingredients in smaller amounts.

For one vegetarian serving, use 1 lasagna noodle (broken in smaller pieces) and layered with 1 cup (250 mL) sauce and 2 tbsp (30 mL) each of spinach and ricotta cheese. Top with ½ cup (125 mL) grated mozzarella cheese.

Note: Nutrition Information is on page 2.

*Regular whole wheat or whole grain lasagna noodles can be substituted for oven-ready noodles. Cook according to package instructions.

Nutrition Information Serving 290 g
Calories 330
Fat 16 g
Saturated 8 g
+ Trans 0 g
Sodium 270 mg
Carbohydrates 26 g
Fibre 6 g
Sugars 0 g
Protein 23 g
Calcium 300 mg
Iron 4 mg

Food Guide Servings
½ Vegetable & Fruit
1 Grain Product
1 Milk & Alternative
1 Meat & Alternative