

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Cheesy, Creamy and Delicious Dinner for the Whole Family!

No One One Will Miss the Meat:

Full of Flavor Vegetarian Lasagna

- 1½ Cups Chopped Yellow Squash
- 1½ Cups Chopped Zucchini
- 2 (15 oz) Pkgs Part Skim Ricotta Cheese
- 1 TB Italian Seasoning
- ¼ Cup Olive Oil, divided
- 2 TB Turmeric
- 3 Cups Sliced Mushrooms
- 2 Cups Chopped Yellow Onion
- 1 TB Dried Oregano
- 1 TB Grated Garlic
- 1 Bag Broccoli Florets, in small pieces
- 1 Bag Cauliflower Florets, in small pieces
- 2 Cups Shredded Carrot
- 6 Cups Chopped Red Bell Peppers
- 12 Whole Wheat Lasagna Noodles
- 6 Cups Prepared Tomato Sauce
- 5 Cups Grated Mozzarella cheese
- ½ Cup Grated Pecorino Romano Cheese
- ¼ Cup Fresh Basil or Oregano
- Sea Salt and Black Pepper

Step One Preheat the oven to 375F.

Place the squash and zucchini in a colander over a bowl. Salt lightly and stir. Set aside. (When ready to use, pat them dry with paper towels.) Combine the ricotta cheese, seasoning, 1 TB olive oil, 1 Tsp salt, and ½ Tsp pepper in a bowl.

Step Two In a large stockpot, heat the remaining olive oil over medium heat. Add the turmeric, ½ Tsp black pepper, mushrooms, onion, and oregano and cook, stirring, until the onions are soft and the mushrooms are wilted and have released their juices. Add the garlic and cook, stirring, for 1 minute. Add the remaining vegetables, and cook until softened, about 10 minutes.

Step Three Spread 1/3 of the vegetables evenly over the bottom of a 9" x 13" pan. Spread 1/3 of the tomato sauce over it. Arrange a layer of UNCOOKED lasagna noodles on top, being careful not to overlap them. Spoon 1 cup of the ricotta mixture over the noo-

dles, spreading evenly.

Sprinkle 1 cup of the mozzarella evenly over the ricotta. Repeat the layering with the remaining ingredients, for a total of 3 layers, ending with the remaining 2 cups of mozzarella on top.

Step Four Sprinkle the Parmesan over the mozzarella. Cover the pan tightly with aluminum foil and bake for 1 ½ hours. Remove the foil and return the pan to the oven and bake the lasagna until golden brown and bubbly, about 15 minutes. Remove the lasagna from the oven and let cool for 15 minutes, garnish with fresh herbs and serve.

2 Kitchen Smidgen

Yes - Uncooked Lasagna Noodles.

As long as you cover the dish tightly with foil, the veggies create so much delicious liquid that precooking isn't necessary!

3 Get Creative

Part Skim Ricotta is a great creamy substitute for butter - Try it on your bagel!

4 WINE of the Week

Sobon Family Vineyards Sangiovese

Amador County, California
Total Wine about \$10.00

Sangiovese, the name of the wine AND the grape is a native of Tuscany. Tastes of ripe cranberry and cherry fruit fill the glass from the fourth-generation wine-family in California. Delicious with any red sauced pasta or a grilled burger - this is a \$10 buy that's easy to enjoy.