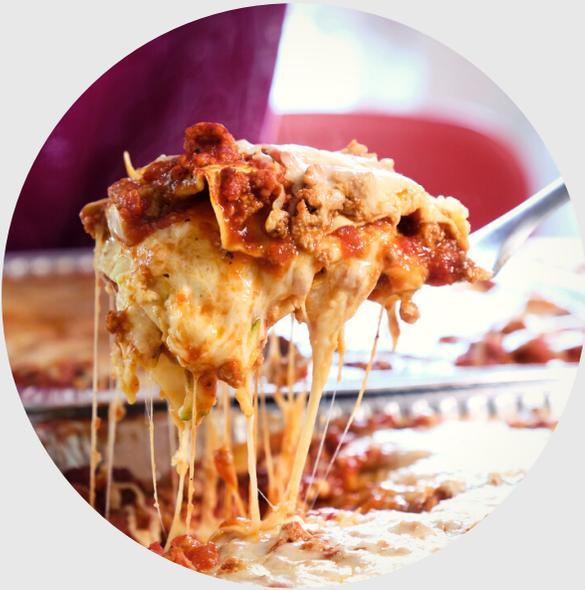


THE #GIVELGLASAGNALOVE COOKBOOK



RECIPES FOR KINDNESS
BY LASAGNA LOVE VOLUNTEER CHEFS



The Original Lasagna Love

Rhiannon Menn, Founder

INGREDIENTS

Sauce

- olive oil
- 2 lbs ground beef, turkey, or mix (I use half and half)
- 1/2 cup finely chopped onion
- 1 large or 2 small cloves garlic
- 2 14.5oz or 1 28oz can crushed tomatoes
- 1 24 oz jar of tomato sauce
- 1 6 oz can tomato paste
- 1/3 cup water
- 1 Tbl agave
- 1 1/2 tsp salt
- Pepper, to taste

Remaining ingredients

- 1 box no-boil lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 1 lb mozzarella cheese, grated
- 1 cup parmesan cheese, grated
- 1 zucchini, grated
- 1 yellow squash grated

Now let's be fair. If you don't have two hours to make your own sauce, I get it! Buy a few jars of your favorite pre-made sauce and skip down to step 4.



INSTRUCTIONS

- 01** In a large pot, heat a couple of tablespoons of oil over medium heat. Add the beef and turkey, breaking it up into small bits. Cook until the meat is browned.
- 02** Add in the onion and garlic and cook for another 2-3 minutes. Add in the crushed tomatoes, tomato sauce, tomato paste, and water. Mix thoroughly, as the tomato paste tends to stay in one clump. Add the agave, salt, and pepper.
- 03** Simmer for an hour and a half, stirring every 10-15 minutes to prevent the bottom from burning.
- 04** Preheat the oven to 375°. Mix the ricotta and egg mixture together.
- 05** Mix the shredded mozzarella and parmesan. Reserve one third of the mixture for the topping. To the rest, add the grated zucchini and squash.
- 06** It's layer time! In a 9x13 pan, put:
 - 1 1/2 cups of sauce
 - 1 layer of noodles
 - 1/2 of the ricotta mix
 - 1/2 of the cheese and veggie mix
 - 1 1/2 cups of sauce
 - Another layer of noodles
 - The last 1/2 of the ricotta mix
 - The last 1/2 of the cheese and veggie mix
 - 1 1/2 cups of sauce
 - Another layer of noodles
 - Another 1 1/2 cups of sauce
 - The reserved mozzarella and parmesan mix
- 07** Cover with foil, tenting it so that it doesn't stick to the cheese. Bake for 25 minutes with the foil, then remove the foil and bake for another 20-30 minutes until the top is golden and a little bubbly. Let it cool, then enjoy!

MY STORY

"I STILL REMEMBER ONE OF MY FIRST DELIVERIES. IT WAS TO A MOM WHOSE REFRIGERATOR HAD BROKEN AND SHE COULDN'T AFFORD TO FIX IT. SHE WAS TAKING CARE OF HER MOM, SISTER, AND HER 6-MONTH OLD AND HAD BEEN EATING RAMEN NOODLES FOR TWO WEEKS. WHEN I GOT TO HER HOUSE AND SAW THE OLD WHITE FRIDGE SITTING IN THE YARD, I BROKE DOWN AND CRIED. FROM THAT MOMENT I KNEW I HAD TO KEEP DELIVERING MEALS. I DIDN'T SET OUT TO START A MOVEMENT: I SIMPLY WANTED TO HELP MOMS IN MY COMMUNITY. BUT APPARENTLY SO DID THOUSANDS OF YOU ALL, AND SO LASAGNA LOVE WAS BORN."





Leftover Lasagna

Lynn H. (Alpharetta, GA)

INGREDIENTS

- 1 box lasagna noodles (any kind) - no need to pre boil
- 1 small eggplant
- 1/2 onion
- 1 small zucchini
- 1 small yellow squash
- 1 bunch of asparagus
- 6 large mushrooms
- 1/4 cup olive oil
- 1 1/2 jars meatless pasta sauce (24oz)
- 5 leaves fresh basil
- 1 tsp Italian seasoning
- 1 cup fresh spinach
- 1 cup mozzarella cheese to top the lasagna

Ricotta mixture

- 2 cups ricotta
- 1/4 cup fresh parsley
- 1 egg
- 1/4 cup grated parmesan
- 1 1/4 cup of shredded mozzarella cheese



INSTRUCTIONS

- 01** Make the ricotta mixture by mixing all ingredients together. Set aside.
- 02** Peel the eggplant. Coarsely chop the onion, zucchini, yellow squash, asparagus, eggplant, and mushrooms.
- 03** In a saucepan, sauté all of the vegetables except for the spinach in the olive oil until softened. Add the pasta sauce, basil, and Italian seasoning, and simmer for 20 minutes.
- 04** Spray a 11" x 7" glass baking dish with no stick cooking spray.
- 05** Put enough of the sauce into the pan to cover the bottom. Place three lasagna noodles in the pan. Spread 1/2 of the ricotta mixture on the noodles. Add another layer of sauce.
- 06** Cover this layer with a layer of fresh spinach leaves. Place three more lasagna noodles over the spinach. Spread the rest of the cheese on the noodles. Cover the noodles with sauce.
- 07** If you have more sauce remaining, add another layer of noodles and top with the sauce. Cover the pan with aluminum foil.
- 08** Cook at 350 degrees for 45 minutes. Uncover and sprinkle with mozzarella cheese, and return to the oven for 10-15 minutes or until the cheese is melted. Serve while hot or reheat later!

MY STORY

"I CAN TELL YOU THE DATE I JOINED LASAGNA LOVE BECAUSE HONESTLY IT CHANGED MY LIFE. IT HAS GIVEN MY LIFE A REALLY MEANINGFUL FOCUS. MORE SO THAN ANY OTHER GROUP THAT I'VE VOLUNTEERED FOR. I NEVER WANTED TO GET THIS INVOLVED IN ANY OF THE OTHER THINGS I'VE DONE."





The Best Vegan Lasagna

Alex Caspero
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INGREDIENTS

Vegetable Filling:

- 1 lb mushrooms, stems removed and chopped
- 1/2 lb zucchini, chopped (about 1 large zucchini)
- 1/2 lb eggplant, peeled and chopped (about 1 small eggplant)
- 6 garlic cloves, minced
- olive oil, for coating
- 1/2 tsp salt
- 1/2 tsp fresh ground black pepper

Cauliflower Ricotta Filling:

- 8 oz cauliflower florets
- 1 cup raw cashews
- 3/4 tsp salt
- 1/3 cup extra-virgin olive oil
- 1 tsp fresh lemon juice
- 4–5 leaves fresh basil
- large handful of fresh spinach, optional

Other Ingredients:

- 4–5 cups marinara sauce
- 12 lasagna noodles, cooked (or use no-bake noodles)*
- Vegan mozzarella, for topping**
- Fresh basil, for garnish



INSTRUCTIONS

- 01** Preheat oven to 425° F. Place the vegetables on a large baking sheet (may need two depending on size) and drizzle with olive oil, garlic and salt and pepper. Use your hands to coat the sheet well, making sure the vegetables are well coated.
- 02** Bake for 30-35 minutes until vegetables are well cooked and tender, stirring halfway through. Remove and set aside.
- 03** While the vegetables are cooking, make the ricotta. Add the cauliflower and cashews to a medium saucepan and cover with water.
- 04** Bring to a boil and simmer for 20 minutes until very soft. Drain and place in a blender or food processor along with the salt, olive oil and lemon juice. Blend until very creamy, scraping down the sides as needed.
- 05** Add in the basil and spinach and pulse a few times to combine.
- 06** To assemble: reduce oven to 375 ° F. Spread a heaping cup of marinara sauce in the bottom of a 9x13" casserole dish, then cover with 4 lasagna noodles. Depending on the shape of your dish, you may have to break the noodles to evenly cover the bottom.
- 07** Repeat: a heaping cup of marinara to cover, noodles, ricotta, vegetables. Finish with a layer of noodles and a generous covering of marinara sauce making sure to cover the entire lasagna. Cover with mozzarella.
- 08** Cover the dish with aluminum foil or an upside down baking sheet on top and cook for 40 minutes. Remove the cover and let cook an additional 5 minutes to melt the cheese and brown slightly. Remove and let cool for at least 15 minutes, then garnish with more basil.

MY STORY

"I'VE ALWAYS SAID THAT FEEDING OTHERS IS MY LOVE LANGUAGE AND LASAGNA LOVE GIVES ME THE OPPORTUNITY TO GIVE BACK TO MY COMMUNITY WHILE DOING WHAT I LOVE BEST- COOKING!"





Ravioli Lasagna

Julie M. (Manassas, VA)

INGREDIENTS

- 1 lb ground sausage
- 2 jars (28 oz) tomato sauce
- 2 packages (25 oz) frozen cheese or spinach ravioli
- 1 pint ricotta cheese
- 2 cups shredded part-skim mozzarella cheese
- 1 cup grated parmesan cheese
- minced fresh basil, optional



INSTRUCTIONS

- 01** Preheat oven to 400° F. In a large skillet, cook sausage over medium heat until no longer pink; drain.
- 02** In a greased 13 x 9" baking dish or a 2-1/2-qt rectangular baking dish, layer a third of the tomato sauce, one package of ravioli, 1/2 the sausage, and 1 cup mozzarella cheese.
- 03** Add ricotta cheese by tablespoon on top of ravioli, sausage and mozzarella cheese layer. Sprinkle 1/2 cup parmesan cheese.
- 04** Repeat layer of ravioli and sausage. Top with remaining sauce and cheeses (mozzarella and parmesan), making sure the sauce covers the ravioli.
- 05** Cover with heavy aluminum foil and bake until heated through, approximately 1 hour. If desired, sprinkle with basil to serve.

MY STORY

"I HAVE THOROUGHLY ENJOYED MY EXPERIENCES! I THINK THE MOST NOTABLE ONE WAS WHEN I DELIVERED TO AN ELDERLY WOMAN TAKING CARE OF HER ADULT SON DIAGNOSED WITH CANCER. SHE WAS SO VERY GRATEFUL AND WAS A RAY OF SUNSHINE."





Hearty Lasagna

-Kelly C. (Manassas, VA)

hearty sauce (double batch)

INGREDIENTS

- 6 cloves garlic, minced
- 1 large onion, shredded
- 1 large zucchini, shredded*
- 1 bell pepper, finely diced*
- 1 small container of mushrooms, finely diced*
- 1 large handful raw spinach or other leafy green* (stems removed, if using a heartier green)
- 2 Tbl olive oil or butter
- 1 lb (approx.) each of Italian sausage and ground beef
- 2-3 jars of your favorite pasta sauce
- 2 tbs Italian seasoning
- Water, to thin out if needed

*These vegetables are just suggestions; you can use whatever you have on hand!

INSTRUCTIONS

- 01** In a large pot, add olive oil and all vegetables and garlic. Sauté for 3-5 minutes, stirring sparingly to lightly brown them.
- 02** While vegetables cook, remove casing from sausage,. Add the sausage and beef to the vegetables. Break up the ground meat, while mixing into the vegetables. Sauté until cooked through, also stirring sparingly to brown the meat as much as possible.
- 03** Turn your burner to low, add pasta sauce and herbs, and mix thoroughly.
- 04** Cook for at least an hour, covered, mixing about every 15 minutes. At about a half hour, check to see how runny the sauce is. If using in a lasagna with uncooked noodles, add some water if needed.



lasagna

INGREDIENTS

Cheese layer:

- 32 oz whole-milk ricotta
- 8 oz shredded mozzarella
- 1 cup grated parmesan
- 3 eggs
- 1/2 cup milk
- 3 Tbl Italian seasoning

Remaining ingredients:

- 4-6 cups hearty sauce (previous page)
- Additional grated parmesan
- 8 oz shredded mozzarella
- 1-2 boxes lasagna noodles (no-boil preferred, but regular works too)

MY STORY

"I DON'T EXPECT A THANK YOU WHEN I DROP OFF. BUT IT'S BEEN THE TIMES WHEN I GET A TEXT THAT SAYS JUST HOW MUCH A HOT MEAL MEANT TO THE RECIPIENT'S FAMILY THAT HAVE REALLY TOUCHED MY HEART. I LOVE THE IDEA THAT WHAT WE DO AS VOLUNTEERS BRINGS FAMILIES TOGETHER."

INSTRUCTIONS

- 01** Mix cheese layer ingredients, making sure eggs are well beaten and mixed in. Set aside.
- 02** Spread about 1/2 -1 cup sauce on the bottom of a 9x13 baking dish. Lay 3 lasagna noodles over sauce and lightly press down into sauce.
- 03** Scoop about 1 cup (more if needed) of the cheese and spread over noodles. For even spreading, put a little in each corner and some in the middle and then spread.
- 04** Ladle about 1 cup of sauce over cheese and evenly spread.
- 05** Repeat steps 2-4, adding a fourth lasagna noodle when the pan gets wider. Stop layering when the lasagna is about 1/2 inch from the top of the pan.
- 06** Add a final layer of lasagna noodles, then sauce, then 8 oz of mozzarella, and some parmesan if desired.
- 07** Place in the fridge for 1-4 hours. Bake at 350° F for 1 hour until the cheese is golden brown and the sauce is slightly bubbly. Allow to rest for at least 15 minutes before serving.





Chicken Alfredo Lasagna

Kristen S. (Schenectady, NY)

INGREDIENTS

- 1 medium white onion
- 6 cloves garlic
- 1 cup fresh parsley or 1/2 cup dried parsley
- 2 cups fresh spinach or 1 cup frozen chopped spinach, defrosted
- 2 lbs. boneless, skinless chicken breasts
- 1 tsp salt
- 1 tsp pepper
- 2 tsp garlic powder
- 6 slices bacon
- 9-12 lasagna noodles, fresh or dried
- 4 Tbl canola oil
- 2 cups heavy cream
- 1 cup milk
- 1 1/2 cups shredded parmesan cheese
- 2 cups shredded mozzarella cheese



INSTRUCTIONS

- 01** Preheat oven to 350° F.
- 02** Finely chop the onion. Mince the garlic. If you are using fresh parsley, finely chop it. If you are using fresh spinach, chop; if defrosted, squeeze out the liquid. Dice the chicken and season with salt, pepper, and garlic powder.
- 03** Cook and crumble the bacon.
- 04** If you are using dried lasagna noodles, heat a pot of salted water and cook the noodles until al-dente.
- 05** Heat sauté pan over medium high heat and add 2 Tbs. canola oil. Saute chicken in the oil, stirring frequently, for 2 minutes. Remove from the pan and set aside. The chicken will continue to cook in the oven.
- 06** To the remaining 2 Tbs of oil, add the onion and minced garlic. Cook until slightly brown and fragrant. Add heavy cream and milk, stirring consistently. When the mixture begins to boil, add 1 cup of shredded parmesan cheese and parsley. Cook for an additional minute or two until slightly thickened.
- 07** Spray a 9"x13" baking dish with cooking spray oil. Spread some of the alfredo sauce mixture to coat the bottom of the pan. Layer lasagna noodles, then 1/3 of the chicken, bacon, and spinach, and 1/4 each of the alfredo sauce, mozzarella, and remaining parmesan. Repeat the layers to make 3 layers. Top with remaining alfredo sauce and cheeses.
- 08** Bake covered with foil for 30 minutes, remove foil, and broil for 5-10 minutes until cheese is golden brown. Cool for 15 minutes before slicing and serving. ENJOY!

MY STORY

"I LOVE TO COOK FOR OTHERS. AND I BELIEVE THAT FOOD MADE FROM THE HEART IS GOOD MEDICINE. WHEN A MEMBER OF MY CHURCH CONGREGATION TOLD ME ABOUT LASAGNA LOVE - I SIGNED UP WITHOUT HESITATION!"

Note: This recipe also works great with shrimp, crab or imitation crab!





Mom's French Style Lasagna

Karen B. (Fairfax County, VA)

INGREDIENTS

- 2 medium yellow onions
- 1 clove garlic
- 1/4 cup fresh parsley
- 1/4 cup vegetable oil
- 28 oz can crushed tomatoes
- 14.5 oz can diced tomato
- 6 oz can tomato paste
- 2 bay leaves
- 1 tsp salt
- 1/2 tsp pepper
- 1 lb ground beef
- 4 Tbl butter
- 3 Tbl flour
- 3/4 cup parmesan cheese
- 3 cup whole milk
- 1 egg, beaten
- 9 dried lasagna noodles



INSTRUCTIONS

- 01** Preheat oven to 350° F. Dice onions. Mince garlic. Chop parsley.
- 02** Saute half the onions over medium heat with garlic and parsley in the oil in a large pot until the onions are soft and garlic is fragrant.
- 03** Stir in all of the tomatoes, bay leaves, salt and pepper. Crumble in uncooked ground beef. Cook on medium heat for 45 minutes, stirring occasionally.
- 04** To make the cheese sauce, begin by frying the remaining onion and butter in a medium saucepot on medium heat until translucent.
- 05** Add flour and stir. Add cheese and stir - mixture will be clumpy. Add milk and stir continuously until smooth and thickened. This will take several minutes. Add beaten egg and mix to combine.
- 06** Layer sauces in a 9" x 13" pan beginning with a light layer of red sauce. Add a little water to the bottom layer to be sure the bottom noodles cook properly. Next create layers with 3 noodles, red sauce and a third of the cheese sauce. The cheese sauce can be spooned onto the red sauce but will not cover the layer entirely.
- 07** Repeat two more times, using up all of the sauces. Bake for 30 minutes.

MY STORY

"THIS LASAGNA RECIPE IS THE ONLY ONE MY FAMILY MAKES AND HAS BEEN HANDED DOWN FOR GENERATIONS. IT IS A PART OF EVERY FAMILY EVENT. LASAGNA HAS ALWAYS BEEN SPECIAL TO ME AND IT MAKES ME SO HAPPY TO SHARE ONE WITH OTHERS."





Jenabeth's Lasagna Bolognese

- Jenabeth F. (Buzzards Bay, MA)

bolognese

INGREDIENTS

- Olive Oil or bacon fat
- 2 lbs ground beef, ground veal, ground pork mixture (or all beef)
- 1 large yellow onion, diced
- 2 stalks of celery, diced
- 1 carrot, shredded
- 2 cloves of garlic, crushed
- 1/2 tsp fresh or dried oregano
- Crushed Red Pepper, pinch
- 6 oz tomato paste
- 4 oz red or white wine (water works too)
- 28 oz San Marzano Whole Tomatoes, hand crushed
- Salt and Pepper

INSTRUCTIONS

- 01** Add oil or fat to large Dutch oven and heat over medium high heat. When pan is warm add ground meat(s) and season with salt and pepper. Do not move meat, let it get deeply brown and develop a good crust.
- 02** Add onions celery and carrot on top of meat and let steam. Mix in vegetables and cook until veggies are soft. Add garlic, crushed red pepper and oregano and mix together.
- 03** Move meat aside and add tomato paste to pan and let cook until it's dark red. Add wine or water to deglaze the pan. When evaporated, add the tomatoes .
- 04** Simmer for at least 20 minutes but longer (a few hours) if you have the time.



bechamel & assembly

INGREDIENTS

- 4 oz butter
- 4 Tbl all-purpose flour
- 4 cups whole milk or light cream
- Salt
- Freshly ground nutmeg
- 15 oz whole milk ricotta cheese
- 2 egg yolks, beaten
- 1/2 cup parmigiano-reggiano, grated
- 1 lb lasagna noodles, dried or fresh if possible
- 1 lb whole milk mozzarella, grated
- 1/2 cup parmigiano-reggiano, grated
- 1 box of lasagna noodles

MY STORY

IT'S SUCH A HEARTWARMING THING TO BE GIVING FOOD TO THE SENIORS IN OUR COMMUNITY. SO MANY OF THEM COOKED FOR THEIR FAMILIES FOR YEARS THAT IT IS NICE TO BE ABLE TO DO SOMETHING FOR THEM.

INSTRUCTIONS

- 05** Melt butter in saucepot. Add flour and whisk together until it forms soft sand-like texture.
- Add in warmed milk or cream while whisking.
- 06** Season with a little salt and lots of grated nutmeg. Simmer over medium low heat until thickened.
- 07** When thick enough to coat the back of a spoon, whisk in ricotta off the heat. Add egg yolks and parmesan cheese and mix until combined.
- 08** Cook noodles according to packaging and preheat oven to 350°
- 09** Use a large, deep casserole dish. Spread a thin layer of sauce along the bottom. Layer with noodles, then a layer of beschamel, and then mozzarella
- 10** Repeat until you've used up all the ingredients The final layers should be noodles, Bolognese sauce and then the rest of the grated parmigiano-reggiano. Then bake at 350° F for 45 minutes





Spinach and Mushroom Lasagna

Stefanie L, Pasadena, CA

INGREDIENTS

- 1 box no-boil lasagna noodles
- 15 oz container ricotta cheese
- 1 lb block mozzarella cheese
- 1 cup Pecorino Romano or Parmesan cheese
- 10 oz package frozen chopped spinach, defrosted
- 8 oz mushrooms, white or brown, sliced thin
- 4 eggs
- 4 cups homemade or favorite brand tomato/basil sauce (meatless or with meat)
- Olive oil and/or butter
- 1/2 tsp. fresh grated nutmeg
- 1 whole clove garlic
- Salt and pepper



INSTRUCTIONS

- 01** Grate mozzarella and Pecorino Romano or Parmesan.
- 02** Sauté mushrooms and garlic clove in 3 Tbs. olive oil or butter (or combination) over medium-high heat. Cook until tender. Remove garlic clove. For a stronger garlic flavor, grate or chop the garlic and leave in the pan with mushrooms. Remove from heat and cool.
- 03** Defrost spinach and squeeze out as much water as possible.
- 04** Whisk eggs in a large bowl until completely blended and frothy. Blend together cooled mushrooms with juices, spinach, ricotta, and eggs. Add salt and pepper and freshly grated nutmeg.
- 05** Spray 9"x13" casserole with non-stick spray or rub with olive oil. Put a thin layer of tomato sauce on the bottom of the casserole. Layer lasagna noodles on sauce covering base (usually uses 3 lasagna sheets). Add a layer of ricotta mixture and spread evenly. Add more sauce and repeat layers. On final layer, top with mozzarella and parmesan.
- 06** Cover tightly with non stick foil and refrigerate overnight.
- 07** Preheat oven to 350° F. Remove lasagna from the fridge about an hour before baking to get to room temperature. Then bake for about 50 minutes covered. Remove foil and continue to bake until top is brown and bubbly, about another 10 minutes.

MY STORY

"THIS IS BASED ON A RECIPE FROM A LITTLE PAPERBACK PUT OUT BY FERRARA BAKERY IN NEW YORK CITY IN THE 1970S. I HAVE ALTERED IT OVER THE YEARS. IT'S ALWAYS A HIT!"

