

Regular Lasagna

Servings: 8

- 1.5 pound ground beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 TBL fresh basil, chopped
- 1 tsp dried oregano
- 2 TBL brown sugar
- 1 ½ tsp salt
- 1 can diced tomatoes
- 2 TBL grated Parmesan cheese
- 2 cans tomato paste
- 12 lasagna noodles
- 2 eggs, beaten
- 1 pint part-skim ricotta cheese
- ½ cup grated Parmesan cheese
- 2 TBL dried parsley
- 1 tsp salt
- 1 pound mozzarella cheese, shredded

1. In a skillet, brown meat, onion, and garlic; drain fat. Mix in basil, oregano, brown sugar, salt (1 ½ tsp), diced tomatoes, and tomato paste. Simmer for 30-45 minutes, stirring frequently.
2. Preheat oven to 375° F. Bring pot of lightly salted water to a boil. Add lasagna and cook until tender. Lay noodles on towel and blot dry.
3. In medium bowl, mix eggs, ricotta cheese, Parmesan cheese, parsley, and salt (1 tsp).
4. In a 9x13 baking dish, layer 1/3 noodles and cover with ½ ricotta mixture, ½ mozzarella, and 1/3 sauce. Repeat until all ingredients have been used. Sprinkle top with remaining Parmesan cheese.
5. Bake for 30-45 minutes.

Nutrition Facts per serving:

Calories: 670; Fat: 30 grams