

"TANYA LASAGNA"

BY LYN PICCIRILLO

Prep Time: 30 min

Cook Time: 55 min

Rest Time: 15 min

Serves 6

INGREDIENTS

MEAT SAUCE:

2 T. Olive Oil

1 sweet yellow onion, chopped

1 lb of ground beef (or turkey)

1 jar of your favorite marinara (or your own homemade if you prefer and have the time!)

1/4 t. crushed red pepper (optional)

1 package no-boil lasagna noodles

CREAM SAUCE:

4 T Butter

4 T Flour

1 t. salt

1/4 t. pepper

3 to 4 c. milk (I use skim, but your choice!)

1 package shredded cheese (2 cups) any type, divided. (I used sharp cheddar as I love its flavor; however you can use traditional mozzarella, or a cheese blend - - whatever your family prefers!



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DIRECTIONS

Preheat oven to 350 degrees.

Spray bottom and sides of an 8" X 8" glass pan.

MEAT SAUCE:

Heat olive oil over med/high heat. When oil is glistening, add the onions and cook them to translucent, stirring frequently.

Add ground beef and cook until no longer pink.

Add marinara, let come to a boil, then reduce heat to simmer to keep the sauce warm.

If you like a little spice, you can add about 1/4 t of crushed red pepper to the meat mixture (optional).

CREAM SAUCE:

In a medium sauce pan, melt butter. When completely melted, add flour, salt and pepper, stirring constantly until bubbling (this should just take a minute, or so, and helps cook the flour flavor out of the mixture).

Remove mixture from heat and slowly add milk.

Return to medium heat and whisk constantly until mixture thickens (mixture should be smooth and creamy).

When bubbling and thickened, add 1 cup of shredded cheese, stirring until melted. If the sauce seems too thick, slowly add additional milk, a little at a time, to reach desired consistency. Reserve the other cup of cheese for the top layer of the lasagna.



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ASSEMBLY:

In the bottom of the pan, spread about 3/4 - 1 cup of the meat mixture (just to cover the bottom of the pan).

On top of the meat mixture, lay two lasagna sheets side-by-side.

On top of the lasagna noodles, ladle about 1/3 of the cream mixture (spread to cover noodles so they don't dry out).

Repeat this process two more times and then top with the remaining cup of shredded cheese.

Cover with foil and bake 30-40 minutes.

Remove the foil and bake about 10 more minutes, until golden brown and bubbling.

Remove from oven and allow to sit for about 15 min. so that pieces will maintain their shape when cut.

NOTES FROM LYN:

Add a loaf of crusty bread and a nice salad and you are all set!! Bon Appetite!

P.S. If you have cream and meat sauce left over, combine them and refrigerate the sauce for another meal. Great as a quick, simple, and delicious pasta dinner for a busy night!

