



early childhood community development centre

---

## Lazy Lasagna

---

### *Ingredients*

- 3 cups penne, rotini or other large pasta
- 2 tsp olive oil
- 12 oz lean ground beef
- ½ cup chopped onions
- 1 cup finely chopped or grated carrots
- 1 jar 24-25oz prepared tomato pasta sauce
- ½ tsp Italian seasoning or dried oregano or basil
- 1 container 17oz light ricotta cheese
- 1 egg
- 1 ½ cups grated partly skimmed mozzarella cheese
- ¼ cup grated Parmesan cheese

### *Directions*

1. In a large pot of boiling water, cook pasta until tender but firm, drain. Toss with olive oil, set aside.
2. In a large skillet, cook beef over medium-high heat until browned.
3. Add onions, and carrots, cook for 3 to 4 minutes.
4. Stir in pasta sauce and Italian seasoning, remove from heat and set aside.
5. In a bowl, combine ricotta cheese, egg and 1 cup of the mozzarella cheese, set aside.
6. To assemble: Spread half of the meat mixture on bottom of the baking dish. Top with all of the pasta. Spread all of the cheese mixture over pasta. Top with remaining meat mixture.
7. Sprinkle with remaining ½ cup mozzarella cheese and Parmesan cheese.
8. Bake in preheated oven, uncovered for 35 to 45 minutes or until bubbling and brown on top.
9. Let stand for 10 minutes before serving.

Source: Dietitians of Canada: Great Food Fast By: Bev Callaghan, RD, and Lynn Roblin, RD  
For more great day care recipes, visit [www.eccdc.org](http://www.eccdc.org)

---