



Lasagna

Everyone is happy to eat a little something warm right after the fast. Use ready made tomato sauce to save yourself some time.

Sauce – mix in a bowl

1 c. cottage cheese
1 large egg
1 c. shredded cheese (mozzarella or cheddar). Add ¼ c. cheese for the top of the lasagna.
1 jar of tomato sauce (leave some on the side for the top and bottom layers – we love to use fake Bolognese sauce)
Oregano
Paprika
Garlic powder

Put a thin layer of tomato sauce at the bottom of the dish

Put the first layer of lasagna noodles (you can use lasagna sheets that do not need to be boiled first)

Add a layer of sauce

Continue layering

On the top layer, add a thin layer of sauce and then shredded cheese

Cover carefully as not to touch the cheese with the foil

Bake 350 for 40 minutes.

*Tip – Jazz this up with spinach and diced onion if you think your kids will eat it.

Serves 6.