# JENNI MARIE'S TEST KITCHEN

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## Easy Four Cheesy Lasagna

**Makes up to 9 servings**

**Equipment Needed:**

- **9x11, 8x8, or 9x9 pan or baking dish**
- **9x13 Baking Dish**
- **Medium Saucepan**
- **Rubber Spatula**
- **Cheese Grater**
- **Small Mixing Bowl**
- **Medium Mixing Bowl**
- **Whisk**
- **Kitchen Scale**
- **Measuring Cups & Spoons**
- **Small Food Processor or Blender (to whip cottage cheese)**

**Directions:**

**1).** Gather all equipment & ingredients. Preheat oven to 350*F & lightly grease a 9x11, 8x8 or 9x9 pan or baking dish. Place 9 lasagna noodles in a separate 9x13 baking dish. Boil 3 cups of cold water, and carefully pour hot water over lasagna noodles. Let soak for 10-15 minutes. Use tongs to move them around periodically so they don't stick together.

- ***9 Lasagna Noodles (sub w/ Tinkyada Pasta Joy - GF)***
- ***3 C. Cold Water***

**2).** In a medium mixing bowl, combine ricotta, cottage cheese, grated parmesan half of the shredded mozzarella (reserve other half for topping), beaten egg, parsley, garlic replacer, dried basil, black pepper, and mix well.

- ***8 oz. (226g.) Full Fat Ricotta Cheese (I like Trader joe's or Crystal Farms best, but any will do)***
- ***8 oz. (226g.) Full Fat Whipped Cottage Cheese (I like Trader Joe's best, but any will do)***
- ***1/4 C. (30g.) Grated Parmesan Cheese (I like Frigo brand best, but any will do)***
- ***8 oz. (226g.) Freshly Grated Mozzarella Cheese (divided)***
- ***1 Large Egg Lightly Beaten***
- ***2 t. Dried Parsley (or 2 T. Fresh Chopped Parsley)***
- ***2 t. Low FODMAP Garlic Replacer (or 1/2 t. garlic powder or 2 cloves minced garlic)***
- ***1/2 t. Dried Basil***
- ***1/4 t. Black Pepper***

**3).** Time to build your lasagna. Pour 1/4 (approx. 6 oz.) of spaghetti sauce into bottom of greased pan. Place 3 par-cooked noodles in a single layer on top of the sauce (you may have to cut them to size). Spread 1/3 of your cheese mixture on top of noodles in an even layer. Repeat this process 2 more times. Spread remaining 1/4 (approx. 6 oz.) of sauce on top of your final cheese layer and top with remaining shredded mozzarella. Cover with aluminum foil and bake for 45 minutes. Remove foil and bake for another 10-15 minutes, or until cheese is bubbly and golden brown. Remove from oven and let cool for 20 minutes before cutting into individual portions. Enjoy!

- ***24 oz. Marinara or Spaghetti Sauce of Choice***

***I portion and freeze my extra lasagna for easy meals to enjoy later. Just place in the fridge overnight to thaw, and reheat in microwave, air fryer, toaster oven, or conventional oven.***

****You can choose to add 1/2 lb. of cooked ground meat of choice to your spaghetti sauce if you want to add extra protein to this dish.***

*****Alternately, you can use a vegan meat substitution of choice like TVP, tofu, or vegan beef crumbles.***