

Serves 8 • Serving size: 1 cup

family favorite lasagna

Everyone loves good lasagna, but it's so time-consuming! Not anymore. This recipe can be ready in moments if you make the flavorful and fresh 15-Minute Marinara ahead of time.

1 lb./455 g 85% lean ground beef
 2 garlic cloves, peeled
 1 recipe 15-Minute Marinara (see page 33)
 1 tbsp. Simple Indulgence
 Italian Herb Seasoning Blend
 15 oz./425 g container part-skim
 ricotta cheese
 1 tsp. coarse kosher salt
 ½ tsp. black pepper
 pinch of nutmeg
 ½ lemon, juiced using Zest 'N Press
 4 oz./115 g fresh baby spinach
 6 to 8 no-cook lasagna noodles
 6 oz./170 g fresh mozzarella, sliced

Break up ground beef into TupperWave® Stack Cooker Colander and stack on top of 3-Qt./3 L Casserole. Place garlic in base of Chop 'N Prep Chef. Cover and pull cord 4-5 times until finely chopped. Place minced garlic on top of ground beef, cover and microwave on high 3-4 minutes. Drain away excess fat in the casserole, then mix beef with marinara and seasoning blend in a medium bowl. Place ricotta in a medium bowl and stir in salt, pepper, nutmeg and lemon juice. In two batches, add spinach to base of Quick Chef® Pro System. Cover and turn handle until roughly chopped. Spread a thin layer of marinara on the bottom of 3-Qt./3 L

Casserole. Place one whole noodle directly in middle of sauce. Break another noodle to fit around the center piece to create a layer. Do not overlap. Place another layer of sauce on top, followed by half the spinach, then half the ricotta. Place a second layer of noodles, sauce, spinach and ricotta cheese. Finish with a layer of noodles and sauce on top. Cover and microwave on 50% power 16 minutes. Place sliced mozzarella on top of sauce. Cover and microwave an additional 3 minutes. Allow lasagna to rest 10 minutes, covered. Cut into squares for serving.



Nutritional Information (per serving):

Calories: 400 Total Fat: 21g Saturated Fat: 9g Cholesterol: 70mg Carbohydrate: 29g Sugar: 9g
 Fiber: 5g Protein: 25g Sodium: 1020mg Vitamin A: 20% Vitamin C: 30% Calcium: 20% Iron: 25%

