

**Lasagna**  
(serves 4)

½	onion, minced
1	garlic clove, minced
25 mL	oil
225 g	lean ground beef
250 mL	tomato sauce
125 mL	canned tomatoes, drained
2 mL	salt
pinch	each of pepper, oregano, rosemary, thyme & cinnamon
6	lasagna noodles
15 ml	margarine
15 mL	flour
1 mL	salt
250 mL	milk (80 mL milk powder)
250 mL	mozzarella cheese, grated
30 mL	Parmesan cheese

1. Preheat oven to 350 F. Center oven racks.
2. In a large pot of boiling water cook noodles until tender. Add a small amount of oil to water to help prevent noodles sticking together.
3. In a frying pan (skillet) saute onions and garlic in oil.
4. Add ground beef and cook until brown.
5. Stir in tomato sauce, tomato and seasonings. Simmer on low heat.
6. In a small pot, make a roux with margarine and flour (melt margarine and add flour to make a paste).
7. Gradually add milk and cook until thickened (boils). Add salt.
8. To assemble in a square pan layer as follows:

Meat sauce (about 30 mL) lasagna noodles (cut to fit) ½ mozzarella cheese ½ white sauce	<i>Repeat with remaining:</i> Meat sauce Lasagna noodles (opposite direction) Mozzarella cheese White sauce Sprinkle top with Parmesan cheese
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9. Bake for 30 minutes. Sit for 5 minutes to set.