

Lasagne Al Forno

Servings: 5

Source: Craig Grossmann from Moosewood, I think.

Ingredients

- 3 cups Tomato Sauce
- $\frac{3}{4}$ lbs. Whole Wheat Lasagne Noodles, boil until tender
- $\frac{1}{2}$ cup Walnuts (or Almonds or Sunflower Seeds), Chopped
- 1 bunch Spinach, chopped coarsely
- 12 slices Mozzarella
- 1 cup Cottage Cheese Or (Ricotta)
- 4+ tablespoons parmesan cheese

Method

Preheat oven to 350. Toast nuts or seeds in oven, stirring frequently.

Spread $\frac{3}{4}$ C sauce in bottom of 8x8 baking dish. Place $\frac{1}{3}$ of noodles on top, then $\frac{1}{3}$ of spinach, $\frac{1}{4}$ of nuts, $\frac{1}{4}$ C cottage cheese, 1 T parmesan cheese, and a layer of mozzarella slices.

Repeat layers twice. Spread last cup of sauce, remaining nuts, and cheeses on top.

Bake 40 minutes, let stand 10 minutes before cutting.

Tomato Sauce

12 onion, chopped
1 clove garlic
1 carrot, grated
2 tbsp green pepper, chopped
1 bay leaf
1 tsp oregano
 $\frac{1}{2}$ tsp thyme
 $\frac{1}{4}$ tsp basil
2 tbsp parsley, chopped
2 cups tomato, canned or fresh
1 6-oz can tomato paste
1 tsp salt
 $\frac{1}{4}$ tsp brown sugar
 $\frac{1}{8}$ tsp pepper

Saute onion and garlic clove in oil until onion is soft. Discard garlic.

Add carrot, green pepper, bay leaf, and herbs. Stir well and then add the tomatoes, tomato paste, and seasonings. Simmer $\frac{1}{2}$ hour. Remove bay leaf.

Notes

Use "Tomato Sauce for Al Forno" recipe -- use a larger pan.

Old note (2000) says to double lasagna amount and triple the sauce. Can't remember what my thinking was, but there you have it. Oh, it says the triple sauce to make a double recipe