



# Recipes

## LASAGNA

### ARTICHOKE AND MUSHROOM LASAGNA

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|---|---|
| 2 cups (500 mL) sliced fresh mushrooms                          | 1 pkg (10 oz/300 g) frozen chopped spinach, thawed and squeezed dry |
| 3 cloves garlic, finely chopped                                 | 9 lasagna noodles, cooked and drained                               |
| 2 tbsp (25 mL) butter   | Bechamel Sauce, recipe follows                                      |
| 2 cans (14 oz/398 mL each) artichoke hearts, drained and sliced | 3 cups (750 mL) shredded mozzarella cheese                          |
| 1 cup (250 mL) dry white wine                                   |   |

In a frypan, saute mushrooms and garlic in butter until mushrooms are golden brown, about 5 - 7 minutes. Stir in artichokes and wine. Cook, stirring occasionally, until liquid is absorbed. Stir in spinach. Place 3 noodles on bottom of a greased 9x13 inch (23x33 cm) baking dish. Spoon half of artichoke mixture over noodles. Pour one-third of Bechamel Sauce over artichoke mixture and sprinkle with 1 cup (250 mL) cheese. Repeat layering procedure once. Top with remaining noodles, Bechamel Sauce and cheese. May be prepared to this point and refrigerated for up to 24 hours. Bake, covered, at 350°F (180°C) for 45 minutes. Uncover and bake 15 minutes longer or until light golden in colour and lasagna is bubbly. Let stand 10 minutes before serving. Serves 8 - 10.

**Bechamel Sauce:** In a medium saucepan, melt 1/4 cup (50 mL) butter over medium heat. Add 1/4 cup (50 mL) flour; cook and stir for 1 minute. Gradually stir in 4 cups (1 L) homo milk. Stir in 1/4 tsp (1 mL) **each** salt and freshly ground pepper and 1/8 tsp (0.5 mL) nutmeg. Cook over low heat, stirring frequently, until sauce is thickened. Stir in 2 cups (500 mL) freshly grated Parmesan cheese until melted. Remove from heat.

### SEAFOOD LASAGNA

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| 6 lasagna noodles                           | 1 cup (250 mL) light sour cream               |
| 1/4 cup (50 mL) butter or margarine         | 1/4 cup (50 mL) chopped fresh parsley         |
| 1 carrot, shredded                          | 1/4 tsp (1 mL) salt                           |
| 1/2 cup (125 mL) chopped celery             | 1/8 tsp (0.5 mL) white pepper                 |
| 1/2 cup (125 mL) sliced green onion         | 1/8 tsp (0.5 mL) nutmeg                       |
| 1/2 cup (125 mL) chopped yellow bell pepper | 3/4 lb (350 g) imitation crabmeat             |
| 1/2 cup (125 mL) chopped red bell pepper    | 1/3 lb (150 g) frozen baby shrimp, thawed     |
| 2 cloves garlic, crushed                    | 2 cups (500 mL) shredded mozzarella cheese    |
| 1/2 tsp (2 mL) coriander                    | 2 cups (500 mL) shredded Monterey Jack cheese |

Cook noodles according to package directions; drain and set aside. Melt butter in a large frypan over medium heat; add carrot and next 6 ingredients (celery through coriander). Cook 4 - 5 minutes or until vegetables are tender, stirring frequently; cool. Combine sour cream, parsley, salt, pepper and nutmeg. Stir in vegetable mixture. Add crabmeat and shrimp, stirring to mix. Combine cheese. Arrange 3 noodles in bottom of a lightly greased 9x13 inch (23x33 cm) baking dish. Top with half of crabmeat mixture. Sprinkle with half of cheese mixture. Repeat layers with remaining noodles and crabmeat mixture. Casserole may be prepared to this point and refrigerated for up to 24 hours. Cover and bake at 350°F (180°C) for 30 minutes or until heated through. Uncover, sprinkle with remaining cheese and return to oven for an additional 5 minutes. Serves 6.

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## **BLACK BEAN LASAGNA**

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|---|---|
| 1 medium onion, chopped                                       | 1/2 tsp (2 mL) oregano, crumbled          |
| 1/2 cup (125 mL) chopped green bell pepper                    | 1/2 tsp (2 mL) basil, crumbled            |
| 1/2 cup (125 mL) chopped red bell pepper                      | 1/4 tsp (1 mL) crushed red pepper flakes  |
| 2 cloves garlic, crushed                                      | 1/4 cup (50 mL) chopped fresh cilantro    |
| 1 tbsp (15 mL) oil  | 8 oz (250 g) light cream cheese, softened |
| 2 cans (19 oz/540 mL each) black beans,<br>rinsed and drained | 1/4 cup (50 mL) light sour cream          |
| 3 cups (750 mL) spaghetti sauce                               | 2 cups (500 mL) creamed cottage cheese    |
| 1/2 tsp (2 mL) salt   | 9 lasagna noodles, cooked and drained     |
|   | 2 cups (500 mL) shredded cheddar cheese   |

In a frypan, sauté onion, bell peppers and garlic in oil until tender, about 5 minutes. Mash one can of beans. Combine mashed beans, remaining beans and next 5 ingredients (spaghetti sauce through pepper flakes) with onion mixture. Cook until heated through; stir in cilantro. Beat together cream cheese and sour cream. Stir in cottage cheese. Place 3 noodles in a greased deep 9x13x2 inch (23x33x5 cm) baking dish. Spread 1/3 of bean mixture over noodles. Top with half of cheese mixture. Cover with 3 noodles. Repeat layering with 1/3 of bean mixture, remaining cheese mixture and noodles. Spread remaining bean mixture over top of noodles. Lasagna may be prepared to this point and refrigerated for up to 24 hours. Cover with foil and bake at 350°F (180°C) for 45 - 50 minutes or until heated through. Remove foil and sprinkle with cheddar cheese. Bake for an additional 10 minutes. Let stand 10 minutes before serving. Serves 8 - 10.

## **TORTILLA TURKEY LASAGNA**

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| 3 cups (750 mL) cubed cooked turkey        | 1 clove garlic, crushed                           |
| 2 cups (500 mL) medium salsa               | 2 cups (500 mL) light sour cream                  |
| 2 cups (500 mL) frozen kernel corn         | 1 1/2 cups (375 mL) shredded Monterey Jack cheese |
| 2 cups (500 mL) sliced fresh mushrooms     | 1 1/2 cups (375 mL) shredded cheddar cheese       |
| 1/2 cup (125 mL) sliced pitted ripe olives | 4 flour tortillas (8 inch/20 cm), halved          |
| 2 small cans diced green chilies           | 2 cups (500 mL) soft fresh bread crumbs           |

Combine first 7 ingredients (turkey through garlic) in a large saucepan. Bring to a simmer over medium heat, stirring occasionally. Remove from heat and stir in sour cream. Combine Monterey Jack cheese and cheddar cheese. Arrange half of tortilla pieces in bottom of a greased 8x11 1/2 inch (20x29 cm) baking dish, covering completely. Cut pieces to fit if necessary. Layer with half each of turkey mixture, bread crumbs and cheese mixture. Repeat layering procedure with remaining tortilla pieces, turkey mixture, bread crumbs and cheese mixture. Bake, uncovered, at 350°F (180°C) for 30 minutes or until bubbly and heated through. Let stand for 5 minutes before serving. Serves 6.

## **OVERNIGHT LASAGNA**

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| 1 jar (700 mL) tomato-based pasta sauce | 2 tbsp (25 mL) fresh lemon juice                                       |
| 1 1/4 cups (300 mL) water               | 2 tsp (10 mL) oregano, crumbled  |
| 2 tbsp (25 mL) chopped fresh parsley    | 1/2 tsp (2 mL) basil, crumbled   |
| 1 clove garlic, crushed                 | 4 cups (1 L) shredded mozzarella cheese                                |
| 1/4 tsp (1 mL) freshly ground pepper    | 1 1/2 cups (375 mL) shredded dry pack feta cheese                      |
| 8 uncooked lasagna noodles              | 1 pkg (10 oz/300 g) frozen chopped<br>spinach, thawed and squeezed dry |
| 1 container (500 g) ricotta cheese      |  |

Combine pasta sauce, water, parsley, garlic and pepper. Place 1 cup (250 mL) pasta sauce mixture in a greased lasagna pan or shallow 3 quart (3 L) baking dish, spreading evenly. Place 4 noodles on top of sauce mixture. Combine ricotta cheese, lemon juice, oregano and basil. Spread half of ricotta cheese mixture over noodles. Sprinkle with 1 cup (250 mL) mozzarella cheese and half of feta cheese. Top with spinach. Place remaining 4 noodles on spinach. Layer with 1 cup (250 mL) sauce mixture, remaining ricotta cheese mixture, 1 cup (250 mL) mozzarella cheese and remaining feta cheese. Pour remaining sauce mixture over top; sprinkle with remaining 2 cups (500 mL) mozzarella cheese. Cover with foil and refrigerate for at least 8 hours or up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F (180°C) for 45 minutes. Uncover and continue baking for 15 minutes. Let stand for 10 minutes before serving. Serves 8.

**Cook's Note:** Use regular uncooked lasagna noodles in this recipe. Do not use oven-ready (no-boil) noodles.

## CRAB AND SPINACH LASAGNA

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| 2 tbsp (25 mL) butter  | 2 pkgs (10 oz/300 g each) frozen chopped spinach,<br>thawed and squeezed dry |
| 1 cup (250 mL) finely chopped red bell pepper                                  |  |
| 1/2 cup (125 mL) finely chopped onion  | 1 1/2 tsp (7 mL) basil, crumbled   |
| 1/2 cup (125 mL) finely chopped celery   | 1/4 tsp (1 mL) nutmeg  |
| 3 cloves garlic, finely chopped  | 1/4 tsp (1 mL) salt  |
| 2 pkgs (400 g each) frozen cooked crabmeat,<br>thawed, rinsed and well drained | 1/4 tsp (1 mL) freshly ground pepper   |
| 3 cups (750 mL) light sour cream   | 9 oven-ready lasagna noodles   |
|  | 4 cups (1 L) shredded mozzarella cheese, divided                             |

Melt butter in a frypan over medium heat. Add red pepper, onion, celery and garlic; saute until vegetables are softened, about 5 minutes. Cool completely. Meanwhile, pat crabmeat dry with paper towels; set aside. Combine vegetable mixture and next 6 ingredients (sour cream through pepper). Spread 1/2 cup (125 mL) of vegetable mixture over bottom of a greased 9x13 inch (23x33 cm) baking dish. Place 3 noodles on top. Combine remaining vegetable mixture with crabmeat. Spread one-third of crabmeat mixture over noodles. Sprinkle with 1 cup (250 mL) cheese. Place 3 noodles on cheese. Spread half of remaining crabmeat mixture over noodles. Sprinkle with 1 cup (250 mL) cheese. Place remaining 3 noodles on cheese. Spread remaining crabmeat mixture over noodles. Cover with foil and refrigerate for at least 8 hours or up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F (180°C) for 50 minutes. Remove baking dish from oven. Uncover and sprinkle with remaining 2 cups (500 mL) cheese. Continue baking, uncovered, for 15 minutes or until cheese is melted, noodles are tender and lasagna is bubbly and heated through. Let stand for 10 minutes before serving. Serves 8.

**Cook's Note:** *Oven-ready lasagna noodles are sometimes referred to as no-boil or instant lasagna noodles. They do not need to be cooked prior to assembling the lasagna.*

## STOVE TOP LASAGNA

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|--|---|
| 1 lb (500 g) mild or hot Italian sausage,<br>casings removed | 2 tbsp (25 mL) chopped fresh parsley      |
| 2 medium onions, chopped                                     | 1 tsp (5 mL) oregano, crumbled            |
| 2 cloves garlic, crushed                                     | 1/2 tsp (2 mL) basil, crumbled            |
| 2 cups (500 mL) chicken stock                                | Dash red pepper flakes, optional          |
| 2 cups (500 mL) water  | 10 lasagna noodles, broken into pieces    |
| 1 can (14 oz/398 mL) stewed tomatoes                         | 2 tbsp (25 mL) grated Parmesan cheese     |
| 1 can (7 1/2 oz/213 mL) tomato sauce                         | 1 cup (250 mL) shredded mozzarella cheese |

In a Dutch oven over medium heat, cook sausage, onions and garlic. As mixture cooks, break sausage into pieces. Cook until sausage is browned. Drain off excess fat. Add next 8 ingredients (chicken stock through red pepper flakes) and bring to a boil. Stir in broken lasagna noodles. Cover and simmer, stirring frequently until noodles are tender, about 30 - 35 minutes. Stir in Parmesan cheese. Sprinkle with mozzarella. Serves 4 - 6.

## OVERNIGHT BREAKFAST LASAGNA

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|--|---|
| 3 cups (750 mL) diced ham                                      | 1 jar (435 mL) Alfredo pasta sauce            |
| 3 cups (750 mL) shredded cheddar cheese                        | 1 cup (250 mL) water                          |
| 3/4 cup (175 mL) chopped drained canned<br>roasted red peppers | 9 oven-ready lasagna noodles                  |
| 1/2 cup (125 mL) thinly sliced green onions                    | 1/2 cup (125 mL) soft fresh bread crumbs      |
| 8 hard-cooked eggs, peeled and chopped                         | 2 tbsp (25 mL) freshly grated Parmesan cheese |
|  | 2 tbsp (25 mL) butter, melted                 |

Combine ham, cheddar cheese, roasted peppers, green onions and eggs. Combine Alfredo sauce and water. Place 3 noodles in bottom of a greased 9x13 inch (23x33 cm) baking dish. Layer one-third each of ham mixture and Alfredo sauce mixture over noodles. Repeat layering twice using remaining noodles, ham mixture and Alfredo sauce mixture. Cover with foil and refrigerate overnight. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F (180°C) for 35 minutes. Meanwhile, toss bread crumbs and Parmesan cheese with melted butter. Remove baking dish from oven. Uncover and sprinkle with bread crumb mixture. Continue baking, uncovered, for 30 minutes or until noodles are tender and lasagna is bubbly and heated through. Let stand for 10 minutes before serving. Serves 8.

**Cook's Note:** *Oven-ready lasagna noodles are sometimes referred to as no-boil or instant lasagna noodles. They do not need to be cooked prior to assembling the lasagna.*

## **LASAGNA ALLA BOLOGNESE**

*The term “alla Bolognese” refers to a pasta or other dish made with a ragu. Ragu is a full-bodied thick meat sauce that usually contains ground beef, bacon, tomatoes, wine, onions, garlic and seasonings. Ragu is a staple of Bologna in northern Italy.*

1 cup (250 mL) chopped onion	1/4 tsp (1 mL) nutmeg
4 slices bacon, chopped	1/8 tsp (0.5 mL) cayenne pepper
1 lb (0.5 kg) lean ground beef	1/4 cup (50 mL) butter
2 cloves garlic, finely chopped	1/3 cup (75 mL) flour
1 can (14 oz/398 mL) diced tomatoes	1/2 tsp (2 mL) salt
1 can (10 oz/284 mL) beef broth	1/4 tsp (1 mL) freshly ground pepper
1 cup (250 mL) dry red wine	1/4 tsp (1 mL) nutmeg
1/4 cup (50 mL) tomato paste	3 cups (750 mL) homo milk
1/2 tsp (2 mL) freshly ground pepper	9 lasagna noodles, cooked, rinsed and drained
1/4 tsp (1 mL) salt	1 cup (250 mL) freshly grated Parmesan cheese

To prepare ragu, combine onion and bacon in a frypan. Cook, stirring frequently, over medium heat until golden. Drain off excess fat. Add beef and garlic; cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat. Add next 8 ingredients (tomatoes through cayenne pepper). Bring to a boil. Reduce heat; cover and simmer, stirring occasionally, until thickened, about 30 minutes. Meanwhile, to prepare bechamel sauce, melt butter in a saucepan over medium heat. Stir in flour, 1/2 tsp (2 mL) salt, 1/4 tsp (1 mL) pepper and 1/4 tsp (1 mL) nutmeg. Cook, stirring, for 1 minute. Gradually stir in milk. Bring to a boil, stirring constantly. Reduce heat and cook, stirring frequently, until thickened and bubbly. To assemble lasagna, place 3 noodles in bottom of a greased 9x13 inch (23x33 cm) baking dish. Layer one-third each of ragu, bechamel sauce and Parmesan cheese over noodles. Repeat layering procedure twice using remaining noodles, ragu, bechamel sauce and Parmesan cheese. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F (180°C) for 30 - 35 minutes or until bubbly around edges. Uncover and continue baking for 15 minutes or until top is light golden brown and lasagna is heated through. Let stand for 10 minutes before serving. Serves 8.

## **SOUTHWESTERN VEGETARIAN LASAGNA**

3/4 cup (175 mL) medium salsa	1 can (19 oz/540 mL) black beans, rinsed and drained
1 can (14 oz/398 mL) diced tomatoes	1 cup (250 mL) frozen kernel corn, thawed
1 can (7 1/2 oz/213 mL) tomato sauce	1/2 cup (125 mL) thinly sliced green onions
1 1/2 tsp (7 mL) cumin	2 cups (500 mL) shredded marble cheddar cheese
1/2 tsp (2 mL) oregano, crumbled	
7 - 8 oven-ready lasagna noodles, broken in half	

Combine salsa, tomatoes, tomato sauce, cumin and oregano. Spread 3/4 cup (175 mL) of salsa mixture over bottom of a greased 8 inch (20 cm) square baking dish. Cover with a single layer of halved noodles, breaking to fit as necessary. Combine beans, corn and green onions. Spoon half of bean mixture over noodles. Sprinkle with 1/2 cup (125 mL) cheese. Repeat layering procedure with 3/4 cup (175 mL) salsa mixture, noodles, remaining bean mixture and 1/2 cup (125 mL) cheese. Top with 3/4 cup (175 mL) salsa mixture. Cover with a single layer of remaining noodles. Spoon remaining salsa mixture over top and sprinkle with remaining cheese. Press down lightly to pack lasagna slightly. Cover with foil and refrigerate for at least 8 hours or up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 375°F (190°C) for 45 - 55 minutes or until noodles are tender and lasagna is heated through. Let stand for 5 minutes before serving. Serves 4 - 6.

**Cook's Note:** *Oven-ready lasagna noodles are sometimes referred to as no-boil or instant lasagna noodles. They do not need to be cooked prior to assembling the lasagna.*