

MEALTIME Familytime

Healthy Family Eating

from Extension Foods & Nutrition

Menu

- Microwave Lasagne*
- Green Beans and Carrots
- French Bread/ Margarine
- Milk, 2%

Shopping List

1 lb lean ground beef
 garlic clove
 1 onion
 1 (14½ oz) can tomatoes, diced
 1 (16 oz) can tomato paste
 Italian seasoning
 lasagne noodles
 1 (12 oz) carton 2% cottage cheese
 8 oz shredded mozzarella cheese
 1 (16 oz) package frozen green beans
 carrot
 french bread
 margarine
 milk, 2%

Family Time

Do your children eat vegetables? The best way to encourage your children to eat them is to enjoy them yourself and have them available at meals. Let your children refuse politely the ones they don't like and eat the ones they like.

Forcing a child to eat won't work. Just keep offering a variety of vegetables at meals and let your child choose what to eat from what you provide.

* Recipe on Back

Meal Preparation Steps

45 min. before dinner: Cook: Put water on stove to cook lasagne noodles. Chop onions and garlic, then put with ground beef and cook in microwave.

40 min. Helper: Put lasagne noodles in to cook.

35 min. Cook: Take noodles off heat and grease casserole dish. Helper: Stir in tomato products and seasonings into hamburger, then cook.

30 min. Helper and Cook: Prepare layers of lasagne mixture in dish.

20 min. Cook: Put lasagne into microwave. Helper: Slice bread, put on margarine, then put in oven.

15 min. Cook: Start green beans and carrots.

5 min. Take lasagne out of microwave and let set.

Serve: Put food on table and enjoy!

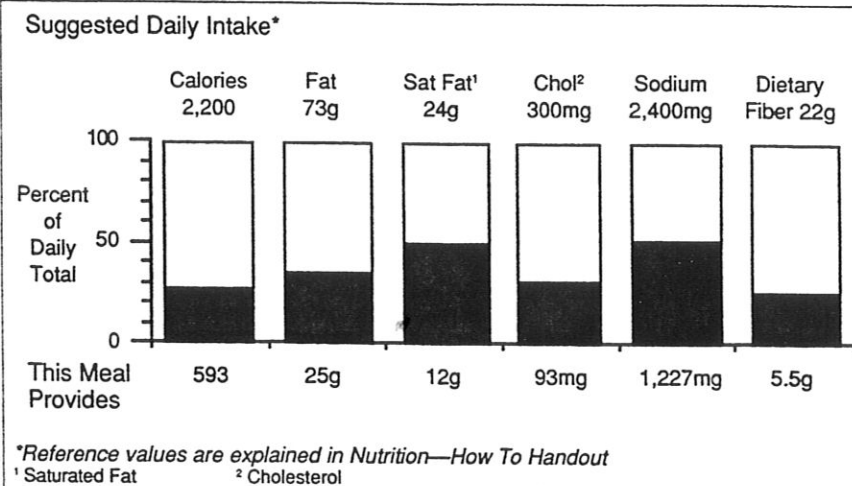
Preparation Tips

If you have extra time, the lasagne noodles can be put in raw. Follow the cooking times except for the last time. After layering, microwave on high for 5 minutes. Reduce power to medium and cook 20-25 minutes or until noodles are tender.

Keep It Safe

When meats are thawed, proceed right away to cook completely. Don't refreeze meat or poultry that has been thawed in a microwave oven. Unlike food defrosted in a refrigerator, some areas of meat or poultry thawed in a microwave begin to heat to the point at which any bacteria present will multiply to dangerously high levels. And while freezing will halt further bacterial growth, it won't kill the bacteria already present.

Nutrition of Meal



Preparation Time:*Active:* 20 minutes*Total:* 45 minutes

Serves 8

Nutrition per Serving

Calories 317

Total fat 15.5 g

Saturated fatty acids 8 g

Cholesterol 71 mg

Sodium 844 mg

Dietary fiber 2.5 g

Microwave Lasagne

1 lb lean ground beef
1 clove garlic, chopped
1 cup onions, chopped
1 (14 ½ oz) can tomatoes, diced
1 (6 oz) can tomato paste
2 ½ teaspoons Italian seasoning
6 or 8 uncooked lasagne noodles
1 (12 oz) carton 2% cottage cheese
2 cups (8 oz) skim mozzarella cheese, shredded

Put water on to boil for lasagne noodles, cook noodles 5 minutes and let set until ready to use. In 2-quart microwave-safe casserole dish, combine ground beef, garlic and onion; cover. Microwave on high for 5 minutes, stirring halfway through cooking time. Drain. Stir in tomatoes, tomato paste and seasoning. Microwave on high 3 minutes.

Lightly grease 2-quart oblong microwave-safe casserole dish. Spoon ½ sauce (about 1 ½ cups) over bottom of dish. Top with 3 or 4 lasagne noodles, breaking noodles to fit. Spoon cottage cheese over noodles, then sprinkle mozzarella over that. Spoon ½ more sauce over cheese, top with remaining noodles. Spoon remaining sauce over noodles and cover with vented plastic wrap.

Place layers of paper toweling in bottom of microwave to absorb any spill overs. Microwave on high for 15 minutes.

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