Vegetarian Lasagna

The purpose of this workshop is to give back to our community. The challenge is to make 50 lasagna dishes in each class in Quebec!

Ingredients for 1 Lasagna

- 2 cups (500 ml or 260 g) zucchini
- 2 cups (500 ml or 260 g) frozen diced vegetables
- 2 cups (500 ml) brown lentils
- 5 cups (1.25 L) canned tomato sauce
- 9 oven-ready lasagna noodles
- 1 cup (250 ml or 265 g) ricotta
- 3 cups (750 ml or 375 g) grated mozzarella

Preparation

1. Wash zucchini well.
2. Slice the zucchini into quarters or wedges. Set aside.
3. Rinse and drain the lentils well and set aside in a large bowl.

YOU WILL NEED

- cutting boards
- chef’s knives
- set of measuring cups
- large bowls
- 1 spatula
- 1 can opener
- 1 large ladle
- 1 sieve or strainer
- spoons
- rectangular aluminium containers (with lids)
- self-adhesive labels
Lasagna Assembling

1 Make sure you have all the equipment and ingredients before you start.

2 Spread all the team’s aluminum containers and **distribute the ingredients evenly in each dish in the following order:**
   - 1 cup (250 ml) tomato sauce
   - 3 lasagna noodles
   - 2 cups (500 ml) zucchini, quartered
   - 1 cup (250 ml) lentils
   - 2 cups (500 ml) tomato sauce
   - 3 lasagna noodles
   - 1 cup (250 ml) ricotta cheese
   - 3 lasagna noodles
   - 2 cups (500 ml) frozen vegetables
   - 1 cup (250 ml) lentils
   - 2 cups (500 ml) tomato sauce
   - 3 cups (750 ml) mozzarella cheese

3 Place the covers on the aluminium containers and close tightly on all sides.

4 Label each cover and note all required information.

5 To cook a lasagna, place in the oven uncovered at 375° F for 1 hour. For frozen lasagna, put in the fridge 48 hours before baking (only the 2 lasagnas prepared during the chef-trainer’s demonstration must be cooked).