

# Forget about turkey; try microwave lasagna

Monday, November 28, 1990 O4/E

(O3B)

This week, I thought I might spare you from the "Oh, no, not turkey again!" syndrome hitting many houses each year after Thanksgiving by presenting a Winner Dinner that does not make use of any left-over turkey.

With that goal in mind, I selected Ray Schneider's recipe for easy microwave lasagna, which sounded like it would be just the ticket for all of you who are tired of talking as well as eating turkey.

A lifelong resident of Farmington, Schneider is a single parent and full-time dad of two grown children — a daughter who is a senior in high school and a son who is in his junior year at the University of Michigan at Ann Arbor. Schneider is a Wheel Project Engineer for Ford Motor Company, with a busy work schedule, but he always enjoys cooking and being with his children. A big supporter of the American Youth Hostel program, Schneider is on the board of directors of the local chapter and is very active in the sailing programs that they offer. He also enjoys tennis, biking and photography.

With his daughter involved in senior year activities, as well as in youth programs at their church, and a son who comes home often for food, car parts and advice, there is obviously a lively home. Schneider makes an effort to keep the meals he prepares for his family low in fat and not too caloric.

HE PARTICULARLY likes this recipe for lasagna as it is quickly and easily prepared. Once it has been baked and cooled, he often will cut it up into individual serving sizes, put it in plastic wrap and freeze for another meal, or for his son to take back to school.

Thank you, Ray Schneider, for your wonderful recipe, and congratulations on being this week's Winner Dinner Winner. I also would like to thank Peggy Slickney, a close friend of Schneider's, for so thoughtfully sending a letter suggesting that her friend's menu be considered for use in this column.

On a final note, as well as being a festive time of the year, the holiday

family-tested winner dinner  
**Betsy Brethen**



SHARON LE MIEUX/left photographer

Ray Schneider of Farmington has a fast recipe for lasagna.

season is also a time of traditions. If you have a favorite meal that you always serve to your family and friends, please take a few minutes to

set down your recipes and send them my way. After all, it is most appreciated to give the gift of love... and Winner Dinners!

## Observer & Eccentric Winner Dinner

### Menu

**RAY'S EASY MICROWAVE LASAGNA  
CARROT AND CELERY STICKS  
FRUIT SALAD**

### Recipes

#### RAY'S EASY MICROWAVE LASAGNA

You will dazzle your family with the speed in which you can put this delicious dish on the table. It is easily prepared ahead of time and kept in the refrigerator until dinner. If there is any left over, cut it up into individual servings, put in plastic wrap and freeze for another meal. This recipe serves 6-8. One very important note: before you assemble this, make sure the baking dish you use fits into your microwave oven.

9 Lasagna noodles (uncooked)  
32-ounce jar spaghetti sauce  
Oregano — to taste  
Ground pepper — to taste  
1/4 pound ground beef or ground turkey (this recipe also works using no meat at all)  
16-ounce container low-fat cottage cheese  
1 egg  
8-12 ounces shredded mozzarella cheese

Brown the meat and drain it well. Mix the spaghetti sauce, oregano and pepper together and heat thoroughly. Put just enough sauce in a 9-by-13-inch pan to cover the bottom. Place

three uncooked noodles side by side on top of the sauce. Mix the egg with the cottage cheese and layer that on next. Place three more uncooked noodles on top of the cottage cheese mixture. Sprinkle all the mozzarella cheese on, next. Put on three more uncooked noodles. Spread the rest of the sauce on top and cover with plastic wrap. Using a sharp knife, make little vents in the plastic wrap. Bake in the microwave oven for 8 minutes on high. Bake for 30 minutes on medium low. Let set for a minute and serve. If using a conventional oven, cook until the noodles are cooked through, approximately 1 hour to 1 hour 15 minutes.

#### CARROT AND CELERY STICKS

Make up a relish tray with cut-up carrot and celery sticks. It's quick, easy and very nutritious.

#### FRUIT SALAD

This is so easy that the kids can help make it. Cut up any kind of your favorite fruit and mix it with an 8-ounce container of your favorite yogurt.

### Shopping List

1 box lasagna noodles (recipe calls for 9 noodles)  
32-ounce jar spaghetti sauce (be sure to buy this size rather than a 28-ounce jar as it really makes a difference)  
1/4 pound ground beef or ground turkey  
16-ounce container low-fat cottage cheese  
1 egg  
8 to 12-ounce bag of shredded mozzarella cheese  
Oregano  
Ground pepper  
Carrots  
Celery  
Your choice of fruit for the fruit salad  
8-ounce container of your favorite yogurt

### Notes

## cooking calendar

### NEW CLASS

"Cooking With Style: A Step Beyond" is being offered from 8 a.m. to 6 p.m. Saturday, Dec. 1, at Schoolcraft College in Livonia. The course, taught by Chef Mary Brady, is designed for individuals to learn actual

cooking methods and techniques through hands-on instruction. The workshop will conclude with a dinner for each participant and an invited guest. Fee is \$150, and participants need to bring knives. For further information call 462-4448.




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