# Forget about turkey; try microwave lasagna

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

turkey.
With that goal in mind, I selected

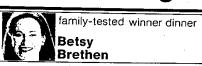
toes bot make use or any tent-over turkey.

With that goal in mind, I selected With that goal in mind, I selected Ray Schneider's receipe for easy minder of the selected of t

and not too caloric.

HE PARTICULARLY likes this recipe for lasagna as it is quickly and easily prepared. Once it has been baxed and cooled, he of the mail been baxed and cooled, he of the mail cut it up into individual serving six-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 Winner Joner Winner. I also would like to thank Peggy Stickney, a close friend 5 Schneiders, for 3 to houghtfully sending a letter suggesting that her friend's menu be considered for use in this column.





SHARON LE MIEUX/staff photographe Ray Schneider of Farmington has a fast recipe for lasagna.

· 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 disher. If there is any left over, cut if up mit individual servings, but in plastic wrap and feeze 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)

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32-ounce jar spaghetti sauce
Oregano — to taste
Ground pepper — to taste
4 pound ground beef or
ground turkey (this recipe
also works using no meat at
all)

16-ounce container low-fat cot-tage choese

1 egg 8-12 ounces shredded moz-zarella 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 est of the sauce on top and cover with plastic warp. Using a sharp king, make lattle vents in the plastic warp. Bake in the microware over not 8 minutes on high. Bake for not 8 minutes on high. Bake for set for a mixture of the control of the control

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 tavorite fruit and mix it with an 8-ounce container of your favorite yogurt.

#### **Shopping List**

1 egg
8 to 12-ounce bag of shredded
mozzarella cheese
Oregano
Ground pepper
Carrots

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 School-craft College in Livonia. The course, Laught 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 din-ner for each participant and an invit-ed guest. Fee is \$150, and partici-pants need to bring knives. For fur-ther information call \$62-4448.



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