



Recipes from the Heart

United Way British Columbia Healthy Aging
Celebrates Community-Based Seniors'
Serving Organizations



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
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Mom's Lasagna

My mom made this lasagna during happy times. She taught me how to make this as a child but I never wrote down the recipe. After leaving home, I attempted to make the lasagna from memory but it just did not taste the same.

Many years passed by before I tasted it again. I will never forget how my mom and I, as adults finally reconnected with each other and because of my gerontology background and spiritual growth, I was able to understand my mother a bit better.

The first time we made the lasagna after reconnecting, I said "I forgot the secret that made this recipe so good, what is it?" She said "It's the egg!!!" This lasagna tasted exactly as I remembered, soft and juicy. We talked about her background history over this wonderful smelling lasagna and I had much appreciation for her in that moment.



Submitted by: Tammy Gray from Wavefront Centre for Communication Accessibility

Mom's Lasagna

Yield: 1 tray for 6 servings

INGREDIENTS

1 medium	cooking onion, minced
2 tablespoons	olive oil
1 teaspoon	oregano, dried
1 (320g) bag	mozzarella cheese, shredded
1 (10oz) can	mushrooms, sliced and keep liquid
1 (5.5oz) can	tomato paste
1 large	egg, slightly beaten
1 clove	garlic, minced
2 teaspoons	salt
1/3 cup	parmesan cheese, grated
1 pound	ground beef
1 (8oz) can	tomato sauce
3/4 cup	water
9 sheets	lasagna noodles, cooked and drained

SPECIAL EQUIPMENT NEEDED

- 9"x13" casserole dish

INSTRUCTIONS

1. **Make the meat sauce:** in a large saucepan, heat 1 tablespoon of oil on medium and sauté onion and garlic until fragrant. Add in ground beef and allow to brown. Remove the beef with a slotted spoon to a bowl. Drain off all but a tablespoon of fat.
2. Add in mushrooms and liquid from can, tomato sauce, tomato paste, 1 teaspoon of salt, oregano, and water. Bring to a simmer and add back in cooked beef. Let simmer for 15 minutes, then turn off heat.
3. **In a bowl, make the parmesan/egg sauce:** combine egg, grated parmesan, 1 tablespoon oil, and 1 teaspoon salt.
4. Preheat oven to 375°F/190°C.
5. In a casserole dish, ladle a cup of meat sauce and spread it over the bottom of the dish.
6. Arrange one layer of lasagna noodles lengthwise (about 3 long noodles, edge may overlap, depending on your pan) over the sauce.
7. Spread 1/3 of meat sauce over the lasagna noodles. Sprinkle 1/3 of shredded mozzarella over meat sauce. Drizzle 1/2 of parmesan/egg sauce over the mozzarella.
8. Repeat steps 6 – 7 once more. Now layer one last set of lasagna noodles. Spread the remaining meat sauce and top with a thick layer of mozzarella.
9. Cover the dish with aluminum foil and bake for 45 minutes. Uncover in the last 10 minutes if you'd like more of a crusty top or edges.
10. Remove from oven and let sit for 15 minutes before serving.

This project aims to highlight and celebrate the work of the Community-Based Seniors' Services Sector and their work with seniors, in particular, to reduce isolation, promote food security, healthy eating, cultural diversity, and family and community connections.

For more information on United Way Healthy Aging programs, visit uwbc.ca/healthyaging.



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