



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Take Comfort in Stocking Up and Planning Smarter!

During these challenging times, it's important to keep things simple and create comfort whenever you can.

When you go shopping, pick up foods that will fill the pantry and freezer.

Grab some perishable items which are on-sale and freeze extra of the ones that will hold up well when thawed. It's still important to have a plan for what you're purchasing so nothing goes to waste. But, that plan doesn't need to be complicated.

Think about your favorite ethnic flavor profiles and how you can enjoy them simplified.

Look for recipes or get creative with combining a handful of ingredients to create a new favorite your family will love without tons of work. Hungry for Italian?

**Is it even possible to create a lasagna with 5 ingredients (plus a few spices you have on hand)? YES!**

### Simply 5 Lasagna

#### Ingredients:

- (28 ounce) jar pasta sauce
- 12-15 no-boil lasagna noodles
- 15 oz. part-skim ricotta cheese
- 16 oz. bag frozen vegetables (steamed)
- 8 oz. shredded part-skim mozzarella cheese

#### Directions:

- Preheat oven to 350°F.
- Spread a thin layer of sauce on the bottom of a 9"x13" casserole.
- Cover with a layer of 3-4 noodles
- Place ricotta in a bowl and add about 1/4 cup of water (plus Italian seasoning, salt and pepper to taste), stirring until blended.
- Repeat 3 layers in the following order:
  - Spread 1/3 of this ricotta mixture over the noodles.
  - Spread 1/4 of the remaining pasta sauce over the ricotta layer.
  - Spread 1/3 of the steamed vegetables over the sauce.
  - Sprinkle 1/4 of the mozzarella over the veggies.
- End with a 4th layer of noodles, then remaining sauce and mozzarella cheese.
- Cover and bake until the noodles are tender (35-40 minutes).
- Remove cover and bake 5 more minutes until cheese starts to brown slightly.
- Remove from the oven and allow to stand for 5 minutes before cutting.



**TIP: If you're someone who likes a meaty lasagna, then choose a meat sauce and/or chop up precooked meatballs for a quick 6th ingredient. Just add them after ricotta layers and before the sauce.**