

THE P•K•P WAY

Roasted Garlic White Lasagna with Zucchini and Italian Sausage

Yields 9 servings



Ingredients

White Sauce

- 3 tablespoons unsalted butter
- 4 tablespoons all-purpose flour
- 3 cups whole milk
- $\frac{3}{4}$ cup shredded Parmesan
- $\frac{1}{8}$ teaspoon ground nutmeg
- Salt and black pepper to taste

Italian Sausage

- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 teaspoon oregano
- 1 pound Italian sausage

Lasagna

- 18 no boil lasagna noodles or 9 regular lasagna noodles (cooked according to package directions)
- 2 $\frac{1}{2}$ cups roasted garlic ricotta cheese
Combine the homemade roasted garlic and ricotta cheese (recipes on the following pages). Alternatively, plain store-bought ricotta cheese can be used.
- 1 egg
- 1 cup shredded Parmesan cheese
- 2 small zucchinis, thinly sliced
- $\frac{1}{2}$ cup shredded mozzarella

Directions

White Sauce

1. In a medium sauce pan over medium heat, melt the butter. Add the flour and stir together to form a paste.
2. Stir in the milk until thickened. Off the heat and add the Parmesan and nutmeg. Stir gently until melted and incorporated. Season with salt and pepper.

Italian Sausage

1. In a large skillet over medium heat, heat the oil until shimmering. Add the onion and cook until softened and translucent. Stir in the garlic and oregano and cook until fragrant. Add the sausage and cook thoroughly, breaking up large pieces with a wooden spoon to create crumbles.

Lasagna

1. Spread about $\frac{1}{4}$ cup of white sauce on the bottom of OXO's Glass 2 Qt. Baking Dish with Lid. Top with 6 no boil noodles or 3 regular noodles.
2. In a medium bowl, combine the roasted garlic ricotta cheese (see notes) with the egg, and Parmesan cheese. Spread $\frac{1}{3}$ of the cheese mixture on top of the noodles.
3. Top with $\frac{1}{2}$ of the zucchini slices, followed by $\frac{1}{2}$ of the sausage mixture. Pour on about $\frac{1}{2}$ cup of white sauce. Repeat with a second layer and ending with a layer of noodles.
4. Spread on the remaining white sauce, followed by the remaining $\frac{1}{3}$ of the ricotta mixture, and sprinkle on the mozzarella. Cover with lid and store in the refrigerator or freezer if not baking right away.
5. When ready to bake, remove lid and cover with aluminum foil. Bake in oven pre-heated to 350°F for 30 minutes. Remove the foil and heat until the broiler until golden and bubbly (3-5 minutes).

How to Roast Garlic



Ingredients

Bulbs of fresh garlic
Olive oil

Directions

1. Preheat oven to 400°F.
2. Cut the tops off of fresh garlic bulbs such that as many cloves are exposed as possible. Remove the papery skins.
3. Place the bulbs on aluminum foil, cut side up. Drizzle with olive oil. Wrap and seal the foil so that the bulbs are contained.
4. Place on a baking sheet and roast for 1 hour. Allow to cool slightly. When cool enough to handle, remove the bulbs from the foil and squeeze out the cloves. Mash into a paste with the back of a spoon.

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How to Make Ricotta Cheese

Yields 2 ½ cups



Ingredients

- ½ gallon (8 cups) whole milk
- 1 cup cream* (optional)
- 1 teaspoon salt (optional)
- ⅓ cup distilled vinegar

Directions

1. In a large pot, heat milk, cream (if using) and salt (if using) over medium heat. Heat until the temperature reaches 200°F when measured with a candy thermometer.
2. Off the heat and add in the vinegar. Give it a big stir, 1-3 rotations. Let sit for 10 minutes.
3. Using a wooden spoon, transfer large curds first to a sieve lined with cheese cloth, set over a large bowl**. Pour the rest of the batch to collect any remaining small curds. Let sit for 10 minutes up to 1 hour, depending on your preference***.

Notes

*In future batches, increase the cream in 1/2 cup increments to experiment with creaminess.

**The bowl will collect the whey, which you can discard or save for use in smoothies and soups (great source of protein!).

***I like mine strained for about 30 minutes.

Storage

Store in an air tight container in the refrigerator for up to 7 days.