

# Broccoli

## VEGETABLE LASAGNA

Makes approximately 9 servings

### INGREDIENTS

- 1 – 26-28 oz. jar Italian spaghetti sauce
- 3 cups broccoli, chopped
- 3 cups cottage cheese
- 1 - 8 oz. pkg. no-boil lasagna noodles
- 2 cups shredded mozzarella cheese

### SUPPLIES

- 9" x 13" baking dish
- measuring cups
- measuring spoons
- mixing bowl
- mixing spoon



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## NOTE TO GROWN-UPS

Involving your children in preparing meals is a great way to encourage them to try different foods. It can also give children a sense of purpose by contributing to the family. This is a very simple recipe that can easily be made by young children with some adult supervision and support. An adult will need to chop the broccoli and help the child to spread ingredients evenly in the pan.

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## DIRECTIONS



1. Preheat the oven to 375°.
2. Invite your child to wash their hands and join you for a cooking activity.
3. In a bowl, mix the broccoli and cottage cheese together.
4. Layer the ingredients as follows:
  - Half of the spaghetti sauce
  - Half of the noodles
  - Half of the broccoli mixture
  - Remaining noodles
  - Remaining broccoli mixture
  - Remaining spaghetti sauce
  - Top with the mozzarella cheese
5. Cover with aluminum foil and bake for 1 hour. Uncover and bake for another 15 minutes or until lightly browned and bubbly.
6. Let stand 10 minutes before cutting into 9 pieces.
7. Serve and enjoy!

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