



# Vegetarian Lasagna

**The purpose of this workshop is to give back to our community.  
The challenge is to make 50 lasagna dishes in each class in Quebec!**

## Ingredients for 1 Lasagna

- 2 cups (500 ml or 260 g) zucchini
- 2 cups (500 ml ou 260 g) frozen diced vegetables
- 2 cups (500 ml) brown lentils
- 5 cups (1.25 L) canned tomato sauce
- 9 oven-ready lasagna noodles
- 1 cup (250 ml or 265 g) ricotta
- 3 cups (750 ml or 375 g) grated mozzarella

## Preparation

- 1** Wash zucchini well.
- 2** Slice the zucchini into quarters or wedges.  
Set aside.
- 3** Rinse and drain the lentils well and set aside  
in a large bowl.

## YOU WILL NEED

- cutting boards
- chef's knives
- set of measuring cups
- large bowls
- 1 spatula
- 1 can opener
- 1 large ladle
- 1 sieve or strainer
- spoons
- rectangular aluminium containers (with lids)
- self-adhesive labels

## Lasagna Assembling

- 1 Make sure you have all the equipment and ingredients before you start.
- 2 Spread all the team's aluminum containers and **distribute the ingredients evenly in each dish in the following order:**
  - 1 cup (250 ml) tomato sauce
  - 3 lasagna noodles
  - 2 cups (500 ml) zucchini, quartered
  - 1 cup (250 ml) lentils
  - 2 cups (500 ml) tomato sauce
  - 3 lasagna noodles
  - 1 cup (250 ml) ricotta cheese
  - 3 lasagna noodles
  - 2 cups (500 ml) frozen vegetables
  - 1 cup (250 ml) lentils
  - 2 cups (500 ml) tomato sauce
  - 3 cups (750 ml) mozzarella cheese
- 3 Place the covers on the aluminium containers and close tightly on all sides.
- 4 Label each cover and note all required information.
- 5 To cook a lasagna, place in the oven uncovered at 375° F for 1 hour. For frozen lasagna, put in the fridge 48 hours before baking (only the 2 lasagnas prepared during the chef-trainer's demonstration must be cooked).

