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CHEF SABRINA FALONE

THREE-CHEESE LASAGNA SKILLET WITH SPINACH

Servings: 4

Prep Time: 15 minutes • **Cook Time:** 40 minutes • **Total Time:** 55 minutes

Take pasta night to another level with this one-skillet wonder that comes together in less than an hour. After making a savory iron-rich meat sauce, dried noodles are tossed right in with lots of baby spinach (more iron!) and a blend of cheeses. Broiling at the end gives you that golden, gooey lasagna topping everyone loves!

Follow the 🍌 symbol in the recipe copy to know when to take Steps to make foods for 1 – infants starting solids, 2 – older infants who can manage chunkier foods, 3 – toddlers who can work with finger foods. You'll find the method steps for children of different stages later in the recipe copy. Look for 🍌 for children (6 to 8 months), 🍌🍌 for children (9 months to 12 months) or 🍌🍌🍌 for children (12 months +).

INGREDIENTS

- 1 tablespoon canola oil
- 1 lb (500 g) lean ground beef
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 4 teaspoons dried Italian herb seasoning
- 1 jar (680 mL) passata (strained tomato purée)
- 10 dried lasagna noodles, broken into 1-inch pieces (about ½ pkg)
- 4 cups baby spinach (about 100 g)
- 2 cups broccoli florets
- 1 cup ricotta cheese
- ⅓ cup loosely packed basil leaves, torn (approx.)
- 2 tablespoons balsamic vinegar
- ¾ teaspoons EACH salt and pepper
- 1 cup shredded mozzarella cheese
- ¼ cup grated parmesan cheese

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METHOD

- 1 • Heat oil in a deep 12-inch skillet or sauté pan set over medium-high heat. Crumble in beef; cook, breaking up with a spoon, for 5 minutes or until browned. Drain off any excess fat and discard. Add onion, garlic and herb seasoning; reduce heat to medium. Cook, stirring often, for 5 to 7 minutes or until onion is tender.
- 2 • Pour in passata and 1 cup water; bring to a boil. 🍲 Stir in broken lasagna noodles and 1 cup additional water. Reduce heat and simmer, covered and stirring occasionally, for 10 minutes or until most of the water is absorbed. Stir in 2 cups additional water. Simmer, covered, for 10 to 15 minutes longer or until noodles are tender and sauce has thickened.
- 3 • Layer spinach over top and cover; let stand for 3 minutes. Stir until wilted. Stir in ricotta, 1/3 cup basil and vinegar. 🧂🧂 Season with salt and pepper. Sprinkle top with mozzarella and parmesan.
- 4 • Meanwhile, pre-heat broiler to high and position rack to center of oven. Broil for 3 to 5 minutes or until gooey and lightly browned. Garnish with additional torn basil.

Per Serving (¼ full recipe): 727 calories, 48 g protein, 28 g fat, 69 g carbohydrate, 6 g fibre, 61% DV iron, 76% DV zinc, 121% vitamin B12 (calculated with whole milk ricotta, 22.5% M.F. mozzarella)

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TODDLER/BABY METHOD ADJUSTMENT

INFANT PURÉED 🍲

Remove up to 1 cup of the beef mixture (after it's come to a boil with passata and water). Spoon hot beef mixture over some chopped baby spinach in a heatproof bowl. Cover for 5 minutes; stir until wilted. Do not season with salt and pepper.

Place beef mixture in a blender or baby food processor with cooked broccoli florets. Purée until very smooth. Add water, formula or *breast milk to achieve a smooth purée

**Note: Wait until a child is 9 to 12 months old before introducing cow's milk*

Before serving, heat up all baby food until hot, then cool to lukewarm.

BABY CHUNKY MASH 🍲

Remove some of the noodle mixture just before adding the salt and pepper. Stir in some shredded *mozzarella until melted. Use two knives to finely chop cheesy pasta and beef into very small pieces. Add water, *milk, formula or breast milk to thin, as needed. Finely chop cooked broccoli florets and stir with additional *ricotta.

**Note: Do not use milk or cheeses, if your baby has not yet tried dairy products, or has a milk allergy or sensitivity.*

Before serving, heat up all baby food until hot, then cool it down to lukewarm. Sprinkle with *Parmesan cheese. Pasta mixture and broccoli mixture can be spoon-fed separately or stirred together.

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TODDLER/BABY METHOD ADJUSTMENT (CONTINUED)

TODDLER FINGER FOODS 🍷🍷🍷

Remove some of the noodle mixture just before adding the salt and pepper. Serve lukewarm, sprinkled with Parmesan cheese and with shredded *mozzarella and cooked broccoli florets.

**Note: Do not use milk or cheeses if your baby has not yet tried dairy products, or has a milk allergy or sensitivity.*

STORING & FREEZING

Prepared purée, chunky mash and finger foods can be stored tightly covered, in the refrigerator, for up to 1 day.

To freeze, divide into desired portions (1- to 4-oz), in airtight containers. Label all containers, with recipe name and date prepared. Freeze for up to 1 month. Thaw in the refrigerator and warm gently before serving.