



Quick & Easy Mug Lasagna

Microwave an individual serving of this Italian favorite

- 3 cooked lasagna noodles (9 to 10 inches long)
 - 1/4 cup (each) ricotta cheese; parmesan cheese
 - 1/8 teaspoon ground Italian seasoning
 - 1/4 teaspoon Duxbury Sea Salt
 - 1/4 teaspoon ground black pepper
 - 1/4 cup Otamot Organic Essential Sauce (tomato sauce), divided
 - 1/4 cup mozzarella cheese, shredded
 - 1/2 grass fed beef sausage stick, cut into 1/8-inch slices
 - 1 tablespoon basil, chiffonade
- Serve with extra Italian tomato sauce on the side

Cook Lasagna Noodles: Fill a large pot with 4 to 6 quarts of water; add salt if desired. Add 3 raw lasagna sheets to boiling water. Broil uncovered for 8 minutes, gently stir occasionally. Remove pasta carefully. Place in a

pot of cold water. Remove pasta onto a parchment lined cookie sheet, draining off any excess water.

Combine Ricotta Mixture: In a small bowl combine ricotta, parmesan cheese, Italian seasoning, Duxbury Sea Salt, and black pepper and mix to combine.

Prepare the Mug: In a large microwave-safe mug, add 2 Tablespoons of Otamot Organic Essential (tomato) Sauce, and 2 Tablespoons shredded mozzarella cheese.

Fill and Layer Lasagna Noodles:

- Spread half of ricotta mixture over one sheet of cooked lasagna, press cheese down lightly to flatten and spread over the noodle. Place slices of sausage over the cheese as desired.
- Spread remaining ricotta mixture over a second lasagna noodle; place sausage slices as desired over the cheese. Place the second noodle over the first, cheese side up. Place the uncoated third noodle over the noodle stack. Then carefully roll it up into a cylinder shape.

Placing Rolled Lasagna into Mug: Place rolled lasagna noodles into the mug and top with remaining 2 Tablespoons Otamot Organic Essential (tomato) Sauce and 2 Tablespoons mozzarella cheese.

Cook in Microwave: Place the pasta filled microwave safe mug into a microwave; cook on high power for 2 minutes or until the cheese is melted and bubbly.

To Serve: Loosen the sides of the noodles with a knife. Place an inverted dinner plate on top of the mug and flip the mug and plate over, then slowly lift the mug from the plate exposing the noodles. Top with shredded basil. Serve with extra warm tomato sauce on the side. Yield: serves 1

Cook's Note: It is important to use the right size pasta noodles. Our Barilla lasagne pasta measured 9-3/4 inches long. Our cooking mug had a 3-1/2-inch diameter.

Recipe Inspired by:

https://www.cookingpanda.com/recipe/microwave-mug-lasagna/?fbclid=IwAR2IEDpZ482MhAgnv89V2UO7QtkrIXpSCff1cajilFrRzv p4lo_dYXNLbVw

About the Recipe: This real Italian meal in a mug that can be prepared easily. It uses lasagna pasta, ricotta cheese filling, Italian tomato sauce, and shredded mozzarella cheese. Soften the noodles, make the filling, layer, roll up, and cook in the microwave for only 2 minutes. It's that easy! We included some small sausage slices with our lasagna, but it can be customized to use your favorites ingredients. We loved the thick sauce Otamot for its natural taste, healthy ingredients, and cooking consistency. It's amazing how this delicious healthy food is really fast food.