

Odds and Ends

Chef Boy-ar-Dave: Lasagna

Average Cost of Meal: \$12 - \$15

Time of Preparation: 30 Minutes

Cook Time: 45 Minutes at 375°

Difficulty: 3

Ingredients:

1 lb. Ground Beef
 1/2 lb.- 1 lb. of Lasagna Noodles
 1 Can of Spaghetti Sauce
 1 lb. of Mozzarella Cheese
 1 lb. of Ricotta Cheese
 3/4 cup of Parmesan Cheese
 A few pinches of Salt
 A few pinches of Garlic Salt and/or Onion Powder
 A few pinches of Italian Seasoning

Instructions:

Preheat the oven to 375°. In a large skillet brown the Pound of Ground Beef. Once the beef has browned add in Can of Spaghetti Sauce, with Salt, Garlic Salt/Onion Powder and Italian Seasoning, bring the sauce to a simmer. In a large Pyrex dish coat the bottom with the Meat Sauce and Mozzarella Cheese. Then add a layer of Lasagna Noodles with a layer or Ricotta Cheese covering the Noodles. Continue alternating between Sauce, Noodles, and Ricotta until the Pyrex dish is full. Cover the top of the dish with any remaining Sauce and Parmesan Cheese. Place the dish in the 375° oven for 45 minutes, or until cheese is bubbling.

Sesquipedalian Literary Society's Five Dollar Word of the Week

Pagophagia [pā'gōfā'jē•ə]

noun

pagophagic, pagophagous, adj

An abnormal condition characterized by a compulsive and repetitive craving to eat enormous quantities of ice. It is associated with a lack of the nutrient iron. Common in pregnancy. A form of pica (an abnormal desire to eat substances not normally eaten)

Etymology: Gk, pagos, frost, phagein, to eat

Usage: I'm so grateful that the form of pica I experienced during my pregnancy was pagophagia or the phrase "Eat dirt" would have taken on a whole new meaning.

Comic by Karam Boeshaar

