

LAYERED LASAGNA

Build a balanced day that limits screen time and includes healthy activities like COOKING!

1. Stay within recommended screen time limits:
 - 0-2 years: NONE
 - 2-4 years: less than an hour a day
 - 5-17 years: less than 2 hours a day
2. Put screens away 1 hour before bed and during meals and snacks
3. Replace screen time with healthy, fun activities like playing, moving, cooking and reading.



POWER OFF
& **PLAY**


HEALTHY KIDS
COMMUNITY CHALLENGE
PETERBOROUGH
healthykidsptbo.ca

POWER OFF devices
and **PLAY MORE!**

LAYERED LASAGNA

Prep Time: **30 minutes** | Cook Time: **1 hour** | Serves: **6**

Ingredients:

- | | |
|---------------------------------------|-----------------------|
| 12 whole grain lasagna noodles | 1 small eggplant |
| 2 ribs celery | 2 cups spinach |
| 1 small red pepper | 1 ½ cups mushrooms |
| 1 onion, diced | 650mL jar pasta sauce |
| 1 cup mozzarella cheese, grated | |
| ½ cup parmesan cheese, divided into 3 | |
| 450 grams of lean ground beef | |

Directions:

1. Set oven to 350°F. Bring a large pot of water to a boil. Add noodles. Cook at medium-high heat for 8 minutes. Stir. Drain noodles.
2. Wash and chop vegetables.
3. Cook ground beef in a pan over medium high heat. Stir until brown, about 7 minutes. Add onions, peppers, eggplant, mushrooms, and celery. Stir for 2 minutes.
4. Add pasta sauce and spinach.
5. Spread ½ cup of sauce on the bottom of an 8"x 8" pan. Place 3 noodles in a layer. Top with 1 cup of sauce and sprinkle with parmesan cheese. Do this 3 times.
6. Top with sauce and grated mozzarella cheese. Cover with foil. Bake for 45 minutes. Remove foil and bake for 15 minutes.



1



2



3



4



5



6



Get Kids COOKING!

2-3 year olds:

wash veggies

3-4 years olds:

assemble the layers of lasagna

4-6 year olds:

chop mushrooms with a plastic knife

6-8 year olds:

grate cheese, chop veggies

8-11 year olds:

cook meat sauce and noodles on the stove, cook lasagna in the oven

