

Thai Lasagna



Makes:

9 servings

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet

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Recipe:

Contributed By:

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Recipe Description:

This is a wonderfully versatile dish that affords for numerous substitutions and a very loose hand with the measurements. Regardless of how you put this meal together it will always come out perfect!

2 stalks celery, sliced, use Cone #2
2 carrots, sliced, use Cone #2
½ medium zucchini, sliced, use Cone #2
1 onion, sliced, use Cone #4
1½ cups
tri-color fusilli dried pasta
(250
g)
28 ounces
Thai green sauce
(794
g)
2 teaspoons
fresh ginger, minced
(10
mL)
10 ounces
fresh spinach
(283
g)
2 cups
fresh mushrooms, sliced, use Cone #4
(300
g)
18 ounces
low-fat cottage cheese
(510
g)
8 ounces

dry lasagna sheets

(227

g)

baby corn, garnish, optional

frozen sweet corn, garnish, optional

fresh basil, garnish, optional

Directions:

1. Using the Saladmaster® Machine, slice celery, carrots, zucchini and onion directly into the electric skillet. Stir together to blend.
2. Place fusilli on top of vegetables.
3. Cover the top of the vegetables and fusilli with $\frac{1}{3}$ of the Thai sauce; then sprinkle with ginger.
4. Place spinach evenly across entire top of dish.
5. Using the cover inverted as a bowl, slice mushrooms into cover, then spread evenly across the top of the dish.
6. Place cottage cheese evenly across entire top of dish.
7. Take $\frac{1}{2}$ of the lasagna sheets and cover the top of the dish, breaking sheets so they will fit. Take a spoon and tap the middle of the sheets to crack lasagna.
8. Cover the top of the lasagna with $\frac{1}{3}$ of the Thai sauce, making sure to completely cover all of the sheets with the sauce.
9. Take remaining half of lasagna sheets and cover the top of the dish again, breaking sheet so they will fit. Again, take a spoon and tap the middle of the sheets to crack lasagna pieces.
10. Cover the top of the lasagna with the remaining $\frac{1}{3}$ of the Thai sauce, making sure to completely cover all of the sheets with the sauce.
11. Garnish if desired.
12. Cover and place heat on 248°F/120°C. When Vapo-Valve™ clicks reduce heat to 185°F/85°C and cook for 15 - 20 minutes.

Tips:

- All of the ingredients are approximated; this recipe can be made with a very loose hand.
- May substitute bolognese (a meat and tomato based sauce) or any other desired sauce in place of Thai green sauce.
- May substitute rotini or other substantial pasta in place of fusilli.

Nutritional Information per

▼ Serving

Calories: 285

Total Fat: 2g

Saturated Fat: 1g

Cholesterol: 5mg

Sodium: 2mg

Total 48g

Carbs:

Dietary Fiber: 3g

Sugar: 6g

Protein: 16g