

Serves 4 • Serving size: about 8 oz./225 g piece



PREP: 15 minutes  
COOK: 11 minutes

## Quick MicroBaked LASAGNA

1 tbsp. extra virgin olive oil  
½ lb./595 g ground beef  
½ cup each, minced carrot, eggplant, onion, green bell pepper  
3 garlic cloves, crushed  
1½ tsp. cornstarch  
¾ tsp. coarse kosher salt, divided  
1½ cups prepared tomato sauce, divided  
1 cup ricotta cheese  
1 egg, lightly beaten  
9 no-boil lasagna noodles  
2 cups shredded mozzarella; divided

1. In a large bowl, combine olive oil, ground beef, minced vegetables, garlic, cornstarch and ½ tsp. salt. Transfer mixture to the base of the MicroPro™ Grill with cover in the grill position. Microwave on high power 6 minutes. Transfer mixture back to bowl and stir in 1 cup tomato sauce; set aside.
2. In a medium bowl, combine ricotta, egg and remaining salt until well mixed. Set aside.
3. In the base of the MicroPro™ Grill pour ¼ cup of the tomato sauce. Place three of the lasagna noodles on top of the sauce, overlapping as needed.
4. Spread half of the ricotta cheese mixture onto the noodles. Spoon half of the ground beef mixture over the ricotta mixture. Sprinkle ¼ cup of the mozzarella over the ground beef mixture. Top with a layer of noodles, overlapping as needed. Repeat.
5. Top with the remaining sauce. Microwave on high power 5 minutes with the cover in the casserole position. Remove from microwave; add remaining mozzarella cheese, return lid to the casserole position and let stand 10 minutes before slicing. Serve warm.

Nutritional Information (per serving):

Calories: 550 Total Fat: 20g Saturated Fat: 9g Cholesterol: 115mg  
Carbohydrate: 54g Sugar: 6g Fiber: 4g Protein: 42g Sodium: 510mg  
Vitamin A: 25% Vitamin C: 15% Calcium: 50% Iron: 20%

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Tupperware®



TO DEMO



MicroPro™ Grill

OPTIONAL



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula