

Mother's Day Recipes

Kaylin Kwan, Macy 4-H Club, LA County 4-H Youth Healthy Living Chair

Although mothers should always be appreciated year-round, Mother's Day poses as a specific day to show how grateful we are for the women in our lives. Instead of purchasing a gift to exhibit our gratitude, perhaps we can give the day to women and treat them through delicious meals to fill their hearts and stomachs.

World's Best Lasagna Recipe

Ingredients:

- 1 lb sweet Italian sausage
- $\frac{3}{4}$ lb lean ground beef
- $\frac{1}{2}$ cup minced onion
- 2 cloves garlic, crushed
- 28 oz can of crushed tomatoes
- 6 oz can of tomato paste
- 6.5 oz cans of tomato sauce
- $\frac{1}{2}$ cup water
- 2 tbsps white sugar
- 1 $\frac{1}{2}$ tsp dried basil leaves
- $\frac{1}{2}$ tsp fennel seeds
- 1 tsp Italian seasoning
- 1 $\frac{1}{2}$ tsp salt, divided, or to taste
- $\frac{1}{4}$ tsp ground black pepper
- 4 tbsps chopped fresh parsley
- 12 lasagna noodles
- 16 oz ricotta cheese
- 1 egg
- $\frac{3}{4}$ lb mozzarella cheese, slices
- $\frac{3}{4}$ cup grated Parmesan cheese

Instructions:

1. In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 teaspoon salt, pepper, and 2 tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.
2. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt.
3. Preheat oven to 375F
4. To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.
5. Bake in a preheated oven for 25 minutes. Remove foil and make an additional 25 minutes. Cool for 15 minutes before serving.

Strawberry Lemonade Pie

Ingredients:

- 1 ripe banana
- 1/2 cup non-dairy milk
- 1/4 cup lemon juice
- 1/4 cup evaporated cane juice (I did not use coconut sugar for color purposes, but you can substitute if you wish)

- 1 tsp lemon zest
- 1 tbsp cornstarch
- 4-5 strawberries

Ingredients for crust:

- 1 cup quick oats (or rolled oats pulsed in the blender)
- 3 tbsp water
- 2 tbsp coconut sugar

Instructions:

1. Preheat the oven to 350F.
2. FOR THE CRUST: Mix together all the ingredients in a bowl until it forms a stiff dough. Press into a 5 inch pie pan lined with parchment paper. Set aside.
3. FOR THE FILLING: Blend everything except the strawberries until smooth.
4. Pour into the pie crust.
5. In a clean blender, puree the strawberries.
6. Drizzle the strawberry puree on top of the lemon filling. Swirl lightly with a chopstick or the handle of a spoon.
7. Bake the pie for 28-30 minutes at 350F. The edges of the crust should be browned and the center should no longer jiggle.
8. Let it cool, then refrigerate overnight before slicing. Keep in the fridge.