

# Let's cook! Plan, Shop, Pack List:

## Skillet Lasagna

### Ingredients

- 8 lasagna noodles
- 1 (15-ounce) carton small curd cottage cheese
- 8 ounces mozzarella cheese
- Parmesan cheese (½ cup used in recipe)
- 1 (24) ounce jar tomato pasta sauce
- 1 (10 ounce) package frozen spinach
- Italian seasoning
- Nonstick cooking spray

### Disposable Supplies

- Small paper plates
- Plastic forks
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

### Prepare before class

- Cook the lasagna noodles.
- Thaw and drain spinach.
- Print copies of the recipe (1 for each participant).

### Equipment

- 1 grater
- 1 chef's/utility knife
- 3 small bowls
- 1 medium bowl
- 1 large bowl
- 2 cutting mats
- 1 large cooking spoon
- 1 set of measuring cups
- 1 set of measuring spoons
- 1 butter/table knife
- 1 turner/spatula
- 1 rubber spatula/scrapper
- Electric skillet
- Serving tray
- kitchen timer
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

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## Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

## First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

**Educator:** \_\_\_\_\_

**Group Name:** \_\_\_\_\_

**# of participants in group:** \_\_\_\_\_ **Date of lesson:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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