

A Message From Michael Chong, M.P. Wellington-Halton Hills

*Have a
wonderful
Christmas Season
and a
Safe and Happy
New Year!*



**Toll Free to Riding Office
(866) 878-5556**

Lacto-Vegetarian Lasagna

*This healthy meatless main course dish is easy and quick to make
and is sure to please anyone's taste.*

Ingredients

1 fresh large eggplant
1 cup of fresh baby spinach leaves, chopped
1 package whole wheat lasagna noodles
8 ounces low-fat small curd cottage cheese
1 medium (32 ounce) jar of meatless sauce
2 ounces of shredded mozzarella cheese
1 medium to large tomatoes, sliced
sea salt to taste, black pepper to taste
small amount of fresh parsley finely chopped (or parsley flakes) for garnish
paprika for garnish

*Note: wherever possible, choose certified organic ingredients
to have the healthiest dish.*

Directions

Preheat oven to 350 degrees. Cut the eggplant into thin slices. Lay these slices on a cloth or paper towels (preferably unbleached paper towels). Add a sprinkling of sea salt. Place another cloth or layer of paper towels on place the remaining slices on it and add a sprinkling of sea salt. Prepare the lasagna noodles according to directions for the minimum cooking time or a bit less (the noodles will cook more during the baking of the lasagna). Once the noodles have been cooked, drain thoroughly and place on a cloth or paper towels to absorb excess moisture. While the noodles are cooking, mix the cheese, spinach, pepper and salt in a bowl. Add sauce into a casserole pan and spread it out evenly. Then add a layer of lasagna noodles, a layer of eggplant, sauce, a layer of cottage cheese, spinach mix, and then another layer of lasagna noodles. Repeat this process until you reach the top of the casserole pan or however thick you want your dish to be.

Add a final layer consisting of mozzarella cheese, tomato sauce, and sliced tomatoes. Then sprinkle some paprika and parsley flakes for garnish and added taste.

Place in the oven and cook for one hour or until you are sure that the eggplant is suitably soft.

Merry Christmas from Pat and Staff

**Wishing everyone a
safe and prosperous New Year!**

**Pat's
Prime Cuts & Deli**

Quality Meats, Cheese & Deli
Personalized Services

333 Mountainview Rd. S. #10, Georgetown
905-873-0352

GEORGETOWN LITTLE
THEATRE
PRODUCTIONS
performing at
Acton Town Hall Centre
Wishing You and Yours
A Very Happy Holiday
Season.

**Why not buy that very special someone
an evening to remember?
For GLT tickets to Dinner Party (Feb)
or Looking (April)
call 905-877-3700**

**www.georgetownlittletheatre.ca 33 Stewarttown Rd.
905-877-3422**