

Feed the Team

The easiest way to get your teens talking is to feed them. My kids love my homemade chicken soup with noodles and my lasagna. I make eight containers of chicken soup at a time and freeze it so it's always available. I also have a foolproof lasagna that I can make quickly or keep in the freezer. It satisfies the hungriest teenagers, and when they smell it being prepared and cooking in the oven, they hover nearby until its ready.

Erika's Game Day Lasagna

- 1 (16-ounce) package lasagna noodles
- 1 (26-ounce) jar pasta sauce
- 4 cups shredded mozzarella cheese
- ½ pound fresh baby spinach
- ½ cup grated Parmesan cheese

Cook the lasagna noodles in a large pot of boiling water for 5 minutes so they are not too soft. Rinse with cold water and drain.

Preheat oven to 350°F (175°C). Spread 1 cup of the pasta sauce on the bottom of a greased 9x13-inch baking dish. Layer the lasagna noodles, sauce, shredded mozzarella cheese, and spinach. Repeat the layering and top with the remaining mozzarella cheese and the grated Parmesan cheese.

Bake, uncovered, for 40 minutes. Let stand 15 minutes before serving.

Tip: If you don't have much time to cook, your local pizzeria can make you large platters of chicken parmigiana, baked ziti, and meatballs to keep in your freezer.

