

# Flying Inspiration

Fly with the feminine

*Gabriella Guglielminotti Trivel's recipes*

## Lasagna

Suggestions: a hearty dish perfect all year round with lots of vitamins and minerals like phosphorus, iron, magnesium, calcium, potassium, manganese, sodium, copper and zinc and vitamins of the B group, D, A, E, C and K.

### Instructions

extra virgin  
olive oil



spring



onions



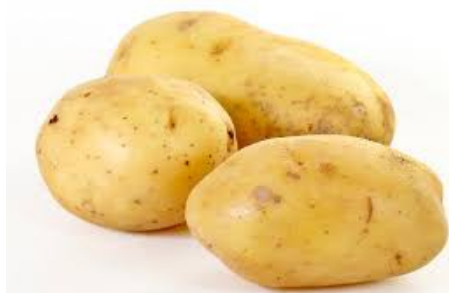
mushrooms



carrots



celery



oregano



Put in a pan some extra virgin olive oil, some finely chopped spring onions, some anchovies, finely cut mushrooms, peppers, carrots, celery, potatoes and sprinkle some oregano on it.



Let it all cook for some time and when it starts to sweat add the tinned tuna, the tomato sauce and some dried or fresh chillies if you like it spicy.

sea salt



lasagna sheets



Let it cook until the vegetables are soft and add some sea salt if necessary.

Put in an oven dish some of the sauce and then the first layer of the pasta sheet, then add the sauce and add another layer.

Make as many layers as you want and then put it in the oven to cook for half an hour or according to the directions on the lasagna pasta packet.



If you like this recipe, I would like to read your comments!  
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