

# Cook's Question

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**ANSWER** — Sally Kaltreider, Brodbeck's, wanted a recipe for lasagne that does not need to be precooked. Thanks to Alice Stickler, Lawrenceville; Mary Hess; Barbara Glick, Gap; Carol Miller, Huntingdon; Tammy Fox, Myerstown; and others for sending recipes.

## Italian Sausage Lasagne

- 1 pound bulk Italian sausage or ground beef, browned
- 1 medium onion
- 1 clove garlic, crushed
- 2 tablespoons parsley flakes
- 1 teaspoon dried basil leaves
- ½ teaspoon salt
- 16-ounces whole tomatoes, undrained
- 15-ounces tomato sauce
- 12 lasagne noodles, uncooked
- 16-ounces ricotta or cottage cheese
- ¼ cup grated Parmesan cheese
- 1 tablespoon parsley flakes
- 1½ teaspoons dried oregano leaves
- 2 cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese

Cook and stir sausage or ground beef, onion, and garlic in 10-inch skillet until brown; drain. Stir in 2 tablespoons parsley, sugar, basil, salt, tomatoes, and tomato sauce; break up tomatoes. Heat to boiling, stirring occasionally; reduce heat. Simmer uncovered until slightly thickened about 45 minutes.

Mix ricotta cheese, ¼ cup Parmesan cheese, 1 tablespoon parsley and oregano.

Spread 1 cup of the sauce mixture in ungreased rectangular baking dish; top with 4 noodles. Spread 1 cup cheese mixture over noodles; spread with 1 cup sauce mixture. Sprinkle with ¼ cup mozzarella cheese. Repeat with 4 noodles, the remaining cheese mixture, 1 cup sauce mixture; and ¼ cup

mozzarella cheese. Top with remaining noodles and sauce mixture; sprinkle with remaining mozzarella, and Parmesan cheese. Bake uncovered in 350 degree oven until hot and bubbly, about 45 minutes. Let stand 15 minutes before cutting. Serves 8.

Tammy Fox writes that she uses this recipe all the time. She said the uncooked lasagne noodles cook as the mixture bakes. She often uses her own homecanned spaghetti sauce, which is a little thinner.

**ANSWER** — A reader from Blain wanted a recipe for making grape juice. Thanks to Tina Forry, Quentin; Alice Stickler, Lawrenceville; Doris Brenzle, Shippensburg; and others for sending recipes.

## Homemade Grape Juice

- 1 cup grapes for each quart jar
- ¾ cup sugar
- Water

Into each quart jar, put grapes, sugar, and water to fill. Stir; seal. Process in boiling water bath for 12 minutes in canner. Wait 6 weeks before using.

## Project Aims To Reduce Cancer In Appalachia

UNIVERSITY PARK (Centre Co.) — This year, cancer will kill 30,300 Pennsylvanians. While following medical guidelines can reduce cancer risk, many residents of Pennsylvania's Appalachian region do not have access to adequate cancer prevention information and medical resources. Not surprisingly, cancer rates in many Appalachian counties top

the national average.

"Appalachia has more than two million residents, many of whom have limited resources, never finish high school, and lack decent transportation and health care," says Dr. Audrey Maretzki, professor of food science and nutrition in Penn State's College of Agricultural Sciences. "Studies have shown that people with low incomes and limited education face a higher risk of getting cancer and dying from it. Combine that with the lack of medical facilities in many Appalachian communities, and you're looking at a serious public health problem."

Maretzki heads the Northern Appalachia Leadership Initiative on Cancer (NALIC), a collaboration among Cooperative Extension offices and the American Cancer Society in Pennsylvania, New York and Maryland; Penn State's College of Medicine; and the Pittsburgh Cancer Institute.

The project aims to unite rural Pennsylvanians in local coalitions that will create cancer-control plans for their communities. The plans will provide a model for future cancer detection and education programs.

The effort is one of four cancer control projects in the Appalachian region recently funded by the National Cancer Institute. Each project will run for five years.

For more information about the Northern Appalachia Leadership Initiative on Cancer, contact your county's Penn State Cooperative Extension office or Ann Ward at (814) 863-8693.

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