



Park Hill Residence

August 2015 News

By: Mary Winkel

*Hi, My Name Is Mary Winkel and I teach
crochet. We went to the art museum
downtown. There were many exhibits like
American Indian and Northwest Coast art.
Then on floor 4 we saw Pre-Columbian and
Spanish Colonial art. There were a lot of
paintings on religion and some Spanish crowns
made of red velvet and gold. I have a recipe for
you. I hope you like it.*

Take care, Mary Winkel

*If you would like to contribute we are a
non-profit organization. Please contact:
Amy Mathias at: 303-870-9165 or
www.seniorhousingoptions.org.*

Easy Lasagna-1lb. ground beef, 1can (16oz.) whole tomatoes, 1can (15oz.) tomato sauce, ½ tea salt, 1tea basil, 9 uncooked lasagna noodles, 2 cups cottage cheese, 2 cups shredded mozzarella cheese, ¼ cup grated parmesan cheese. Heat oven 350°F for 15 minutes. Fry beef until brown and crumbly, drain. Add in saucepan: beef, tomatoes, tomato sauce, salt, and basil. Heat to boil then simmer 1 hour. Cook noodles in 2 quarts boiling water for 10 minutes, drain. In 13x9 inch baking dish, layer 3 times; 3 noodles, sauce, cottage cheese, and mozzarella cheese. Add parmesan cheese. Bake uncovered 45 minutes. Cool 15 minutes. Makes 8 portions.