

# Italian Lasagna

**Mouthwatering Italian Lasagna** Lasagna is also known as lasagna in plural form, and is found in the form of a pasta sheet as well as dish. Sometimes it is known as lasagne al forno that has alternating layers of pasta and cheese and also ragu, meat sauce or tomato sauce. It is believed that lasagna originated in Italy. Evidence has been found that a similar dish known as loseyns which is pronounced as lasan was eaten by King Richard II of England back in 14th century. This recipe of lasagna was noted in the first cookbook of England. The claim is far from commonly accepted. In London, the Italian embassy speaks out against such theories. Lasagna is similar to the famous pastas. **Origin of Lasagna** Originally the lasagna word comes from the Greek word lasanon which means chamber pot. Later, the Greek word was borrowed by the Romans meaning the cooking pot. The Italians borrowed the word to refer to the dish now known as lasagna. Lasagna word applies to the food itself. Most of the English speaking people use Italian word lasagne to refer to both the dish as well as the pasta. The various recipes of lasagna call for several types of cheese, mostly mozzarella and ricotta. The classic Lasagna alla Bolognese however uses only Parmigiano Reggiano. However, some of the recipes add béchamel sauce. An alternative Lasagne Verde, green lasagne, is regular egg pasta with spinach in addition. An Etrusco Roman noodle is made from the durum wheat and is presently known as lasagna. The original word for lasagna was lagane. In the first AD pasta was mentioned, however it was not boiled before consumption. The lasagna has some similarities with pasta. The Italian dish, Lasagna is prepared from pasta, cheese and meat sauce. The seafood lovers, non vegetarians and vegetarians can enjoy the delicious flavor of lasagna. **Easy to cook, good to eat** Usually 1 pack of lasagna includes 1191 calories, 64g total fat, 28g saturated fat, polyunsaturated fat, 92g carbohydrates, 63g protein, 3297 IU Vitamin A, 23mg Vitamin C, 760mg Calcium, 1865mg Sodium, 7mg Iron, and 9g Fiber. The lasagna could be cooked with a combination of various ingredients. However, the lasagna noodles, various sauces, shredded cheese, garlic and salt remain common for all lasagna dishes. The dish could include tomatoes, various types of cheese, parsley flakes, dried basil and oregano, eggs, vegetables and some others. Preparing lasagna is very easy. Firstly, one needs to boil the lasagna noodles and drain. Meanwhile one can prepare the lasagna sauce. Then one can start making the layers. Start making alternating layers of pastas and other selected ingredients and garnish it with a layer of cheese. Once the dish is ready with layers of stuffing one will need to bake it till it turns brown. Now, lasagna is ready to eat. It could be served with some Italian bread. The Italian origin lasagna has become world famous. The lasagna is now served with a combination of various ingredients.