MYSTERY RECIPE CHALLENGE

WEEK 3

*The mystery recipe has 10 ingredients, so you will be sent 2 every week.*

*If you plan to make the recipe, do try to gather the ingredients each week so you are READY!!*

***Ingredients from Weeks 1 & 2***

**#1:** EVOO**= extra virgin olive oil**

#2: one medium size yellow onion

#3 Ground meat. I love bison as it is exceptionally healthy, like salmon it is full of good fat. But ground beef, ground chicken or even Italian sausage will work

#4 Tomato/Pasta Sauce. My favorite store- bought is RAO but any will do. You will need a large jar. Or of course you can make your own.

**WEEK 3**

 **#5** 15-16 ounce container of ricotta or cottage cheese

 **#6.** 3 large eggs

Have fun while you wait: make your own ricotta cheese. Learn about curds and whey: yes just like Miss Muffet. Actually, you've probably eaten curds and whey without knowing it. Curds and whey are actually the lumps and liquid found in cottage cheese. When you add vinegar to cream or milk it causes the milk to curdle: the lumps are the curds and the liquid that remains is the whey. Science can be fun!!

 Link to recipe for homemade ricotta cheese: <https://www.foodnetwork.com/recipes/ina-garten/homemade-ricotta-recipe-1923290>

**You can email Coach K with your guesses!! It is NOT lasagna!!**

**lesliek@ix.netcom.com**

**ENJOY THE WAIT.**