

Can this dietary calorie stuff be revolutionizing the way we do everything?

weird

# Weird

Weekly

July 10, 2010

Your answer to the question in Issue #2

**Delicious?**

Can cats have aneurisms while on the can?

Can frozen lasagna meal entrees now talk to you??!!



Are people shopping just to use the shopping carts??

## Recipe Rehab: Lasagna !!!

Food that has less than 400 calories!  
Has the world gone mad!?!?

UT \$1.00 CA \$5.00



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# Weird

July 20, 2010

Take a poll on our website and tell us what you thought of this edition of "Weird Weekly".  
Visit our website: [www.weirdweekly.weebly.com](http://www.weirdweekly.weebly.com)



Can frozen Lasagna meal en-trees now talk to you??!

4



5


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6&7

Your answer to the question in Issue #2 Can cats have aneurisms while on the can?

# Recipe Rehab: Lasagna !!!



**L**asagna is a classic one-dish meal that is perfect to take to your summer gatherings or potlucks. Layers of noodles, meat sauce and cheese are a tasty combination, but the calories add up quickly and can total near 800 calories per serving. For those watching their calories, this one dish could use up half of your daily allotment! One of our readers wrote in with the request to lighten up her favorite dish.

**I**n order to do this, I will replace the traditional sausage and ground beef with low-calorie summer vegetables, such as eggplant, zucchini and mushrooms. This will not only lower the calories, it will add more fiber and nutrients to the meal. The layers of cheese also help to pack on the calories and cottage cheese fillings tend to be very high in sodium. For the lightened up version, I will reduce the amount of cheese throughout the layers, without sacrificing taste, by using a mixture of low-sodium ricotta and strongly-flavored Parmesan. With a sprinkle of mozzarella on the top, this dish will brown nicely. My version is half the calories of traditional lasagna, so enjoy it guilt free.

**T**he recipe for this lasagna is on pages 8 and 9.

**E**njoy it and eat it without any worries about calories.

# Talking and Eating at The Same Time?

## Lasagna Talks!

Bob Tempermant had a heart attack Thursday July 15, 2010 when his food talked to him. He did survive the heart attack but vowed never to eat Stouffers again. He says he will now buy Michael Angelo Lasagna from now on. However he did sue the Stouffers company but only got \$4.95 in Compensatory Damages and \$2.98 in Punitive Damages

# Lasagna Comes to Life !!

*Man purchases Lasagna and had a heart attack after hearing his food talk to him!*

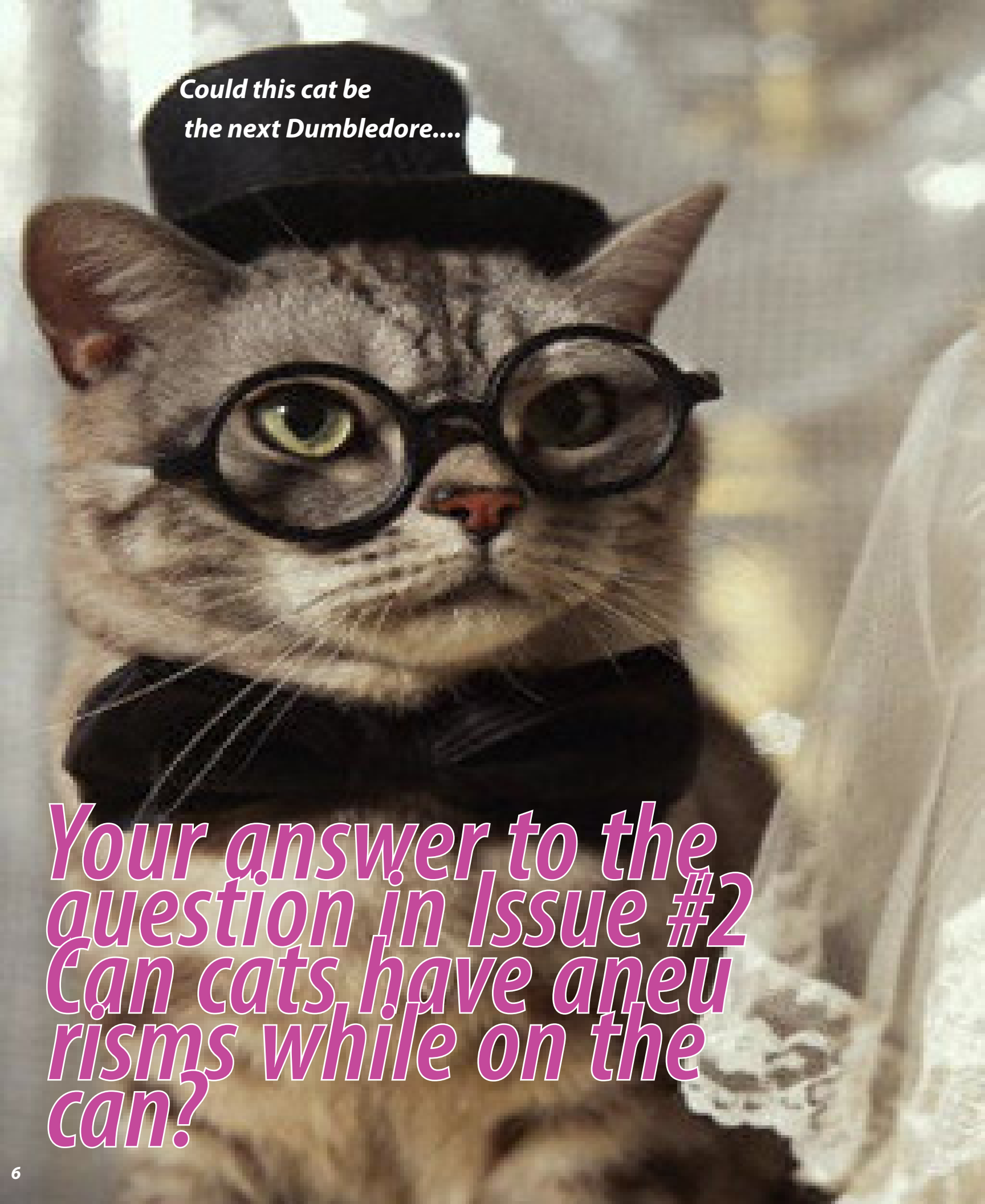
# Shocking Truth

**A**lexa Mestray (bottom) loves to use the shopping carts as a skateboard. She isn't the only one. All over the world people are following in her example. Her daughter Mandy (left) now takes the automatic shopping carts for people with disabilities. "The fat people carts are fun to use," says Mandy. "And I can get away with it whenever I want because people with weight problems can't catch up to me." Will the police take Mandy away from Alexa for being a bad example, and will Mandy go to Juvenile Court for saying those mean and offensive things to people with disabilities and weight problems?

Are people shopping just to use the shopping carts??

Weird mother the cause of Credit Debt?





*Could this cat be  
the next Dumbledore....*

*Your answer to the  
question in Issue #2  
Can cats have aneu-  
risms while on the  
can?*

# Cateurisms ??

**M**agnolia (right) and Alberto (left) just got married but hate each other very much. Could this lead to a divorce, or even worse a cat with an aneurism. A CATEURISM!!!!

If you think Magnolia and Alberto would make a good couple, vote online now at [www.weirdweekly.weebly.com](http://www.weirdweekly.weebly.com)

**T**he answer is yes, cats can have aneurisms while on the can.

**.... and could this be the next Professor McGonagall**



# Lasagna

## Ingredients:

9 whole wheat lasagna noodles  
1 tablespoon olive oil  
1 medium onion, chopped  
3 cloves garlic, minced  
1 pound button mushrooms, sliced  
3 medium zucchini, sliced  
1 medium eggplant, sliced  
2 (28 oz.) cans crushed tomatoes  
1 (6 oz.) can tomato paste  
1 teaspoon dried basil  
1 teaspoon dried parsley  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
16 ounces part-skim ricotta cheese  
1/2 cup grated Parmesan cheese  
1 cup grated mozzarella cheese

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## Instructions:

1. Prepare the lasagna noodles according to directions. When cooked through, set aside on paper towels to dry.
2. Sauté the onions and garlic in the olive oil over medium heat. Add the sliced mushrooms, zucchini and eggplant, and cook until tender. Mix in the crushed tomatoes and tomato paste. Season with spices. Simmer for five to 10 minutes.
3. In a small bowl mix together the ricotta and Parmesan cheeses.
4. Evenly coat the bottom of a 9-inch by 13-inch baking dish with about a half cup of the sauce. Remove another half-cup of the sauce and set aside.
5. To assemble the lasagna: Top the sauce in the baking dish with an even layer of noodles, cutting to fit the pan if necessary. Spread half of the cheese mixture over the lasagna noodles. Then layer with half of the remaining sauce mixture. Repeat.
6. Top the final layer of noodles with the reserved half-cup of sauce. Sprinkle with grated mozzarella cheese.



# Recipe

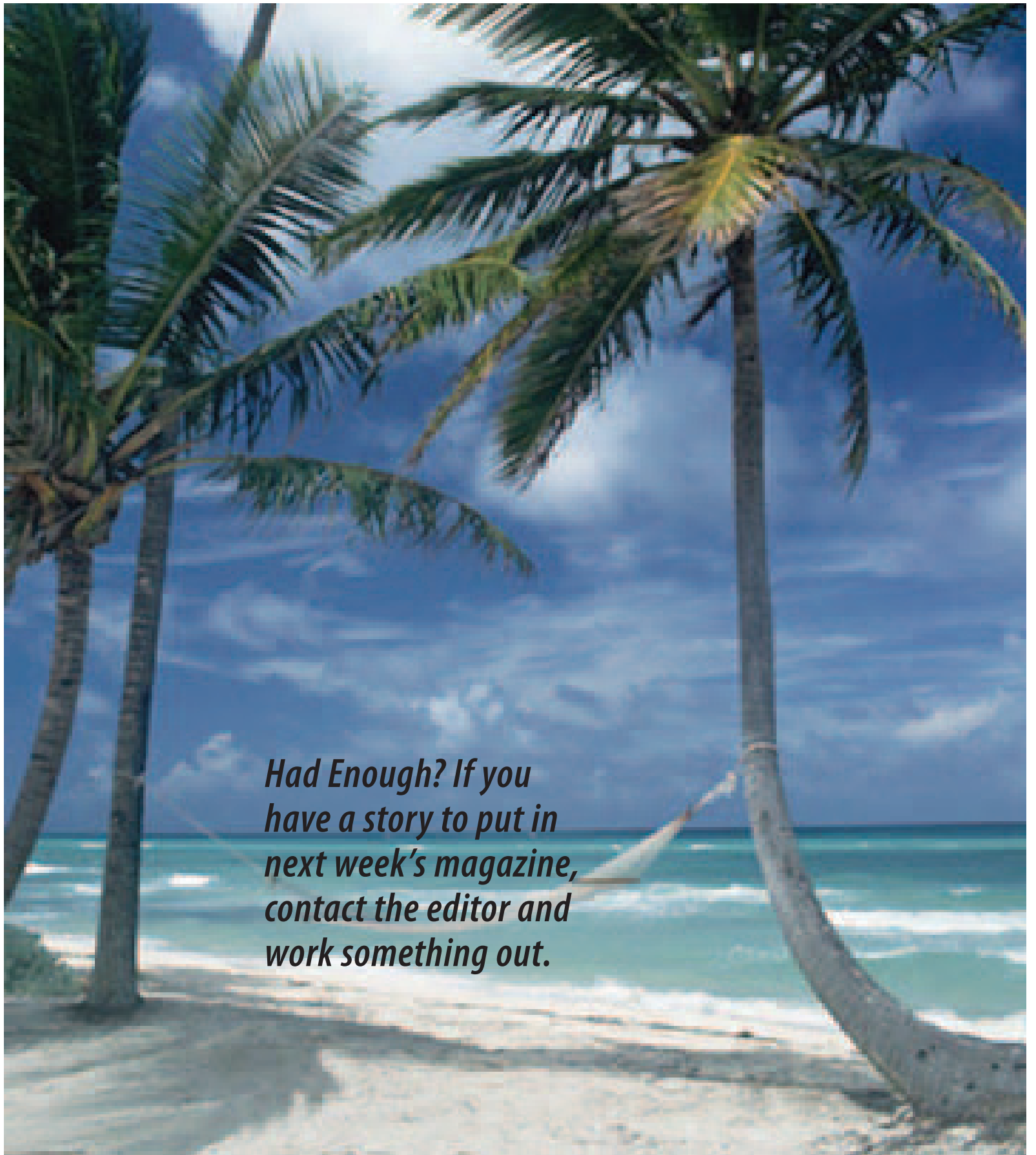
Special Recipe

7. Cover with tin foil and bake in a 350°F oven for 30 minutes. Uncover and bake for an additional 20 minutes until the cheese has browned.

Serves: 9

Nutrition Content (per serving):

329 calories, 11 g fat, 5 g saturated fat, 45 g carbohydrates, 10 g fiber, 21 g protein, 619 mg sodium, 400 mg calcium



*Had Enough? If you  
have a story to put in  
next week's magazine,  
contact the editor and  
work something out.*

**Accidental loss of fat, boyfriend, girlfriend, husband, wife, and the ability to read is not the responsibility of this magazine.**