

Fried Lasagna Bites

Servings : 4

Amount	Measure	Ingredient - Preparation Method
16		manicotti shells
1	tablespoon	vegetable oil, plus more for frying
1/2	pound	sweet italian sausage
1/2	pound	ground beef
1/4	cup	white onion - diced
1	tablespoon	Italian seasoning
1/4	cup	basil leaf - chopped
1	tablespoon	ground black pepper
16	ounces	tomato sauce
1	tablespoon	red pepper flakes
1	pound	mozzarella cheese - shredded
1	quart	cottage cheese - strained
2	cups	all-purpose flour
3		egg - beaten
2	cups	plain bread crumbs

Boil pasta for 6 minutes, then drain and spread on a sheet pan to cool.

Heat a large saute pan with 1 tbspn oil over med-high heat. Add sausage, ground beef and onions; saute for 3 minutes. Add the Italian seasoning, basil and black pepper. Cook for about 8 minutes, until the meat has browned. Stir in 1/2 cup tomato sauce and cook until heated through. Set aside in bowl to cool.

Add the rest of the canned sauce into the saute pan and stir in red pepper flakes.

Fold the mozzarella cheese and cottage cheese into the cooled meat mixture. Stuff each shell with meat mixture and then place in freezer for 5 minutes to firm up. When ready to fry, cut each shell into thirds.

Preheat oil to 350.

Place flour, eggs, and bread crumbs in separate bowls.

Dredge the shells in the flour, then eggs, then crumbs.

Fry bites until golden brown and crispy, 4-5 minutes. Drain on paper towels and serve with spicy tomato sauce.