



Prison Lasagna Recipe

Ingredients from the canteen or Bi-Annual Food Boxes

- 4 tortilla wraps
- 1 packet squeeze cheese
- 2 packets of pasta sauce
- 1 pouch pickle (large, single wrapped dill pickle)
- 1 meat stick
- 1 packet of taco sauce
- 1 stick of mozzarella cheese
- 1 stick of yellow cheddar cheese
- 1 packet of ranch dressing
- 2 ramen noodles

“Found” Ingredients

- 1 sugar packet
- 1 real live onion

Tools and Materials

- 1 glove
- 1 ID Card
- 1 plastic spork
- At least three 3 small garbage bags
- 2 Individual plastic bowls

Optional (though strongly encouraged): Access to a microwave

Step 1: Prepare your Ingredients

- Using a garbage bag to cover your cooking surface, chop your pouch pickle and meat stick into bite sized pieces using your ID.
 - PRO TIP: Your ID might break in this process which can get you a write-up...so maybe use someone else's ID!
- Shred both your yellow and white cheese sticks using your spork.
- Prepare your ramen noodles by crushing them in their package.
 - For minimum custody cooks with access to a microwave: prepare your ramen noodles according to the microwave instructions, adding in the season packet
 - For maximum custody cooks with no access to a microwave: dump your crushed noodles and season pack into a plastic bag with water as hot as you can get it. Tie up tight. Let sit for at least 10 minutes.

Step 2: Build Your Lasagna

- In your plastic bowl, squirt some pasta sauce
 - PRO TIP: It is widely agreed that the pasta sauce is not edible without a little sugar added in. So if you happened to “find” a sugar packet somewhere, please do add some sugar to your sauce!
- Lay down some shredded cheese, a tortilla, some taco sauce, some meat stick and pickle, and then some cooked noodles.
 - PRO TIP: If you happened to “find” an onion, you might add diced onion to this mix as well.
- Repeat the above two steps until you have three layers of lasagna.
- Place your final tortilla on top. Top with pasta sauce and squeeze cheese. Sprinkle your remaining shredded cheese on top.

Step 3: Cook Your Lasagna

- For minimum custody cooks: when your turn for the microwave arrives, cook your lasagna for 4-5minutes.
- For maximum custody cooks: let your lasagna sit around for as many as 12hours until the tastes all meld together. Alternately, pay the canteen worker to cook your lasagna for 4-5minutes.

Step 3: Garnish and Serve

- If you have it, drizzle ranch dressing on top of your lasagna and enjoy!
 - PRO TIP: crushed pretzels on top give a nice added crunch!