Recipe: Lasagna  
Honoring: Petty Officer 3rd Class Nicholas Forrest (July 16, 1989 – January 13, 2012)

Recipe submitted by Stephen and Laura Forrest, parents

*“A family tradition at Christmas as we gathered from all over the country was lasagna.” – Stephen and Laura Forrest*

CTI3 Nicholas Gregory Forrest was born on July 16, 1989 in St. Mary's, GA. He graduated from Olympic High School in Bremerton in 2007, and attended the University of Washington prior to joining the Navy in 2008. He studied at the Defense Language Institute in Monterey, CA, and became a Russian Linguist. He served as a Russian Linguist for the National Security Agency at Fort Meade, Maryland at the time of his passing.

He is an Eagle Scout who loved camping and rock climbing. He is an avid cyclist, runner and triathlete. He is a beloved member of a Navy family that moved all over the country and decided to serve his country as well.

Son of Laura and Stephen Forrest, Little brother of Jessica (Mackley) and Karyn, Brother-in-Law and Best Man of Chad Mackley, Godfather of Charlotte and Isabel Mackley, owner of Bill Murray the Dachshund, passed away while serving on active duty in Baltimore, MD, January 13th, 2012. His playful, open and easy going demeanor will be missed by his family, friends and shipmates.

Source: <https://archive.kitsapsun.com/lifestyle/celebrations/nicholas-gregory-forrest-22-ep-417830654-356920001.html>

**RECIPE:**

Ingredients  
• ½ pound ground beef  
• ½ pound ground Italian sausage  
• 1 clove minced garlic  
• 1 (12-ounce) can diced tomatoes  
• 1 (8-ounce) can tomato sauce  
• 1 (6-ounce) can tomato paste  
• ¼ cup fresh basil, chopped  
• 3 tablespoons fresh parsley, chopped  
• 1 teaspoon salt  
1 (8-ounce) package oven-ready lasagna noodles  
• 1 tablespoon olive oil  
• 2½ cups ricotta cheese  
• ¾ cup parmesan cheese, grated  
• 1 pound mozzarella cheese, shredded  
•2 eggs  
• Salt and pepper  
  
Directions  
Step 1: Preheat oven to 375 F.  
Step 2: Brown meat, onion and garlic.  
Step 3: Drain fat.  
Step 4: Stir in undrained tomatoes, sauce and paste. Add basil and ½ the parsley. Add  
a pinch of salt and fresh ground pepper.  
Step 5: Cover and simmer for 15 minutes. Stir often. (If noodles are not oven ready, while sauce simmers, cook noodles in boiling water with 1 tablespoon of olive oil.)  
Step 6: In a separate bowl, beat the eggs. Add ricotta, ½ cup parmesan, ½ the parsley,  
1 teaspoon salt, and ½ teaspoon ground pepper. Mix well.  
Step 7: Use cooking spray on the inside of a  
9"x13" baking dish.  
Step 8: Add a little of the sauce to the  
baking dish, then add a layer of noodles, ⅓ cup of the meat sauce, then a little bit of the ricotta mixture, then a layer of mozzarella and parmesan. Repeat three times.  
(No Ricotta on the top layer!)  
Step 9: Top with mozzarella and parmesan and bake for 30-35 minutes. Let stand for 10 minutes. Enjoy!

**PHOTOS:**



