

LAKESHORE RECYCLING SYSTEMS

# TRASH TALK

The end of July is a great time to relax and unwind at home. While many salons, barber shops and spas are closed now, there are still plenty of ways that you can relax and pamper yourself at home while social distancing. Utilize the tips below to have yourself a day of relaxation.

## SKIP THE SPA AND SALON AND PAMPER YOURSELF AT HOME

Are you in need of a relaxing weekend? Whether you're a pro at self care or need some guidance, we've got you covered! Take some time this weekend and give yourself some TLC. Click any of the below links on ways to pamper yourself!

[LIGHT RELAXING CANDLES](#)

[DO A BATH AND FACE MASK](#)

[GIVE YOURSELF A MANICURE AND PEDICURE](#)

## THREE RELAXATION TECHNIQUES TO DO AT HOME

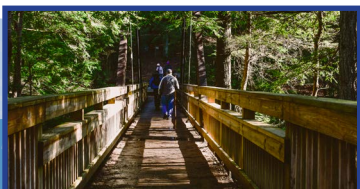
Take some time out of your day to unwind! During these times it's important to relax and listen to our body. Take 15 minutes out of your day to recharge your energy. Click any of the below links to learn how you can relax!

[MEDITATE](#)

[LISTEN TO SOOTHING MUSIC](#)

[TAKE THIS QUIZ TO FIND OUT YOUR BEST RELAXATION TECHNIQUE](#)

## TWELVE OUTDOOR ACTIVITIES FOR A CHANGE OF SCENERY



### RECIPE OF THE WEEK

#### PIZZA LASAGNA

Did we get your attention with this recipe of the week? With July 29 being national Lasagna day, why not combine two of your favorite dishes in a simple way! This fully loaded lasagna recipe will be a crowd favorite!

#### INGREDIENTS

- 9 uncooked lasagna noodles
- 1 can pizza sauce
- 1 can diced tomatoes seasoned with green pepper and onion, undrained
- 1 container ricotta cheese
- 1 tsp dried Italian seasoning
- 2 cups shredded mozzarella cheese
- 2 pkg. pepperoni slices
- 1 jar sliced mushrooms, drained
- 1 can sliced ripe olives, drained
- 1/2 cup chopped green bell pepper
- 2 tbsps grated parmesan cheese



#### INSTRUCTIONS

1. Cook lasagna noodles to desired doneness as directed on package. Drain.
2. Meanwhile, heat oven to 350F. Spray 12x8 inch glass baking dish with nonstick cooking spray. In medium saucepan, combine pizza sauce and tomatoes; cook until thoroughly heated.
3. In a medium bowl, combine ricotta cheese and Italian seasoning; mix well.
4. Spread 1/4 cup of sauce mixture in bottom of sprayed baking dish. Arrange 3 cooked noodles over sauce in baking dish. Spoon and spread half of ricotta mixture over noodles; top with 1/2 cup mozzarella cheese, 1 cup sauce, 1/3 each of the pepperoni slices, mushrooms, olives and bell peppers. Repeat layers once. Top with remaining 3 noodles, sauce, mozzarella cheese, pepperoni slices, mushrooms, olives, and bell peppers. Sprinkle with parmesan cheese.
5. Bake at 350F for 30-35 minutes or until lasagna is bubbly. Let stand 10 minutes before serving.

#### INGREDIENT SUBSTITUTES

- Ground beef/turkey
- Sausage
- Bacon
- Spinach
- Garlic seasoning
- Oregano
- Basil
- Giardiniera

HAVE A RECIPE OR TIPS YOU WOULD LIKE TO SHARE?

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