



## Zucchini Lasagna

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### Directions:

1. Preheat oven to 375F.
2. In a medium sauce pan, brown meat. Drain extra fat. Using the same pan, sauté the onion until softened then add the garlic, tomatoes, basil and pepper to make a sauce. Mix in drained ground beef.
3. Cut zucchini lengthwise into planks (about 8-10 planks per zucchini). Sprinkle zucchini with salt and set aside for 10 minutes and then blot with paper towels to remove extra moisture.
4. In a large bowl mix ricotta cheese, parmesan cheese and egg. Stir well.
5. In a 9x13, spread one third of sauce on the bottom. Then begin layering zucchini, ricotta mixture, mozzarella (reserving 1 cup) and meat sauce until all ingredients are used.
6. Cover with foil and bake 30 minutes; uncover and bake an additional 20 minutes (to dry up sauce). After 20 minutes, sprinkle the remaining 1 cup mozzarella and bake 10 minutes or until melted.

*Nutrition Facts: 275 cal, 13 g fat, 13 g carb, 26 g pro, 648 mg Na+, 2.5 g fiber*

### Ingredients:

- 1 pound lean ground beef
- 1 teaspoon kosher salt
- 1 teaspoon olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 can (28 oz) crushed tomatoes
- 2 Tablespoon chopped fresh basil
- 1 pinch black pepper (to taste)
- 3 medium (about 8 ounces each) zucchini
- 1 1/2 cups part-skim ricotta
- 1 1/4 cup Parmigiano Reggiano
- 1 large egg
- 4 cups shredded part-skim mozzarella cheese

**Yield:** 8 servings

**Time:** 1 1/2 hours