

Zucchini Lasagna

By replacing the lasagna noodles with thin sliced zucchini you can create a delicious, lower carb (gluten-free) lasagna that's loaded with vegetables, and you won't miss the pasta!

Ingredients:

- 1 lb 93% lean beef
- 3 cloves garlic
- ½ onion
- 1 tsp olive oil
- salt and pepper
- 28 oz can crushed tomatoes
- 2 tbsp chopped fresh basil
- 3 medium zucchini, sliced 1/8" thick
- 15 oz part-skim ricotta
- 1 16 oz part-skin mozzarella cheese, shredded (Sargento)
- ¼ cup Parmigiano Reggiano
- 1 large egg



Preparation:

In a medium saucepan, brown meat and season with salt. When cooked drain in colander to remove any fat. Add olive oil to the pan and sauté garlic and onions about 2 minutes. Return the meat to the pan, add tomatoes, basil, salt and pepper. Simmer on low for at least 30-40 minutes, covered. DO not add extra water, the sauce should be thick. Meanwhile, slice zucchini into 1/8" thick slices, salt lightly and set aside for 10 minutes. Zucchini has a lot of water when cooked, salting it takes out some moisture. After 10 minutes, blot excess moisture with a paper towel. On a gas grill or grill pan, grill zucchini on each side, until cooked, about 1-2 minutes per side. Place on paper towels to soak any excess moisture. **Preheat** oven to 350°. In a medium bowl **mix** ricotta cheese, Parmesan cheese and egg. **Stir** well. In a 9x12 casserole **spread** some sauce on the bottom and **layer** the zucchini to cover. Then **place** some of the ricotta cheese mixture, then **top** with the mozzarella cheese and **repeat** the process until all your ingredients are used up. **Top** with sauce and mozzarella and cover with foil. **Bake** 45 minutes covered at 375°, then uncovered 15 minutes. Let **stand** about 5 - 10 minutes before serving.

Servings: 8 • **Serving Size:** 1/8 • **Old Points:** 8 pts • **Points+:** 9 pts
Calories: 345 • **Fat:** 17 g • **Carbs:** 15 g • **Fiber:** 2 g • **Protein:** 36 g • **Sugar:** 8 g
Sodium: 801 (without salt)

Source: www.skinnytaste.com