

Zucchini Lasagna

Ingredients

- 4 medium Zucchini, sliced thinly lengthwise
- 1 Onion, diced
- 4 Garlic Cloves, minced
- 2 Carrots, diced
- 1 Tomato, diced
- 1 tbsp Olive Oil
- 16 oz Spaghetti Sauce
- 1 lb Ground Meat (like extra-lean beef or dark-meat chicken)
- Pepper, Parsley, Oregano, & Italian Seasoning to taste
- 1 cup Low- Fat Shredded Mozzarella

See our
homemade
marinara recipe
for a cheap &
sugar-free
option!



Directions

1. Preheat the oven to 350° F and prep all veggies.
2. In a sauce pan heat olive oil. Then cook onion, garlic, carrots, and tomato for seven minutes.
3. Heat another pan and cook the ground meat until it browns all the way. Then season the meat.
4. Combine the vegetables, meat, and sugar-free spaghetti sauce. Simmer on low while adding seasoning and while completing Step 5.
5. Add a spoonful of the sauce to the bottom of a small, square baking dish creating a base for layering. Then add the sliced zucchini noodles. On top of sliced zucchini, add the meat mixture and sprinkle on some cheese. Repeat till all the zucchini, meat, and cheese are layered.
6. Bake for 20 to 30 minutes. Makes 8 equal size servings that last five days in the fridge when stored in an airtight container.

Quick Tips

- For a texture more similar to pasta bake the zucchini slices in the oven for 5 minutes on each side at 500° F to remove water before layering.
- Substitute 1/3 of the ground meat for 2/3 cup cooked lentils! This gives the lasagna an extra source of fiber and diversity in protein!