



Categories: Family Friendly. Low Carb.

## *Zucchini Lasagna*

Yield: 12

Prep time: 1 hour

Total time: 3 hours

### *Ingredients*

2 pounds 85% lean ground beef

1 medium yellow onion, chopped

3 cloves garlic, chopped

1 tablespoon olive oil

30 ounces Rao's Arrabbiata sauce

12 ounce can tomato paste, no sugar added

1 teaspoon oregano

1 teaspoon basil

1 teaspoon sea salt

1 teaspoon black pepper

24 ounces whole milk mozzarella cheese, shredded (please shred yourself!)

16 ounces whole milk ricotta cheese, no sugar added

½ cup parmesan cheese, grated (please grate yourself)

4 large zucchini squash, sliced lengthwise (these are your noodles)

### *Directions*

Preheat oven to 350 degrees F. Heat olive oil in large skillet. Add chopped onion and garlic and sauté for 2 minutes. Add ground beef, chop while browning, drain. In an extra-large deep pot, place tomato sauce, paste, oregano, basil, salt, and pepper, stir.

Bring to a boil. Add meat mixture. Stir and turn down to simmer. Cover and cook for 25 minutes. Stir occasionally. Grease a deep 9x11 baking dish with avocado oil spray. Add 1/4 of meat mixture to bottom of dish and spread thinly to cover. Add 1/3 of zucchini strips. Spread 1/2 of the ricotta cheese on top with a spoon. Add another 1/4 of meat mixture and spread evenly. Sprinkle with 1/2 of the parmesan cheese. Spread 1/3 of the mozzarella cheese evenly. Repeat, 1/3 more zucchini, rest of the ricotta, 1/3 more meat mixture, rest of the parmesan, and 1/3 more of the mozzarella. Lastly, place rest of the zucchini strips then the rest of the meat mixture, then the rest of the mozzarella cheese. Put multiple toothpicks into lasagna and cover with tinfoil (this is so foil won't stick to the cheese). Bake for 60 minutes. Uncover and bake an additional 10 minutes. To brown the top, turn on broiler for a few minutes but keep an eye on it so it doesn't burn! Take out and let sit for 15 minutes. Cut into 12 even pieces and serve hot.

### *Macronutrient Breakdown*

#### Zucchini Lasagna

## Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
<b>Calories</b>	536.8 kcal	27 %
<b>Total Fat</b>	37.5 g	58 %
Saturated Fat	18.4 g	92 %
Trans Fat	1 g	
<b>Cholesterol</b>	119.7 mg	40 %
<b>Sodium</b>	1005 mg	42 %
<b>Total Carbohydrate</b>	15.3 g	5 %
Dietary Fiber	2.8 g	11 %
Sugars	9.1	

		g	
<b>Protein</b>		35.3	71
		g	%
Vitamin A	29 %	• Vitamin C	43 %
Calcium	50 %	• Iron	18 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.