



Zucchini Lasagna

PREP TIME

20 min

TOTAL TIME

90 min

Nutrition Information Per Serving

Makes 8 servings

FAT

42g

PROTEIN

30g

CARBS

11g

CALORIES

537

Ingredients

1 package sliced provolone (8-10 slices)

1 package sliced mozzarella (8-10 slices)

1 cup full-fat ricotta cheese

4 cups fresh spinach

4 large zucchinis

2 cups (1 jar) marinara sauce (look for brands with < 6 gm carb per ½ cup serving)

1 lb ground Italian sausage, browned and crumbled

Instructions

Zucchini Preparation

1. Preheat oven to 350 degrees.
2. Slice zucchini length-wise into 1/2-inch strips.
3. Arrange zucchini strips on baking sheet lined with aluminum foil. Sprinkle salt on top of zucchini strips and allow to sit at room temperature for 15 minutes to draw out excess liquid.
4. After 15 minutes, pat dry with paper towel to soak up excess liquid.
5. Broil zucchini (500 degrees F) on top oven rack for 8 minutes, or until lightly golden brown

Lasagna Assembly

1. Place a single layer of zucchini on the bottom of a lasagna pan (will be half of the zucchini).
2. Sprinkle 2 cups fresh spinach on top of the zucchini and compress down.
3. Add a layer of sliced cheese (mixture of provolone and mozzarella). followed by a layer of ricotta cheese, followed by a layer of marinara sauce. Sprinkle half of the Italian sausage on top of the sauce. Repeat.
4. Add one final layer of sliced cheese on top.
5. Bake at 350 degrees for 45-50 minutes, or until cheese is bubbly and lightly browned at the edges.