



Lasagna Z'paghetti Bake



1/4th of recipe: 260 calories, 9.5g total fat (5.5g sat fat), 642mg sodium, 17g carbs, 4g fiber, 11g sugars, 27.5g protein

Freestyle™ [SmartPoints®](#) value 5*

[SmartPoints®](#) value 5*

Prep: 20 minutes **Cook:** 35 minutes

Cool: 10 minutes

Tagged: [Lunch & Dinner Recipes](#), [Meatless Recipes](#), [Four or More Servings](#)

Ingredients

1 1/2 lbs. (about 3 medium) zucchini
8 oz. raw extra-lean ground beef (4% fat or less)
1 1/2 tsp. Italian seasoning
1 1/4 tsp. garlic powder
1 1/4 tsp. onion powder
1/4 tsp. each salt and black pepper
1 1/2 cups canned crushed tomatoes
1 cup light/low-fat ricotta cheese
2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute
1/2 tsp. chopped garlic
1/8 tsp. ground nutmeg
1/2 cup shredded part-skim mozzarella cheese
2 tbsp. grated Parmesan cheese

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, [peel zucchini into thin strips](#), rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini until hot and slightly softened, about 3 minutes.

Transfer zucchini to a strainer, and thoroughly drain excess liquid.

Remove skillet from heat, re-spray, and return to medium-high heat. Add beef, and sprinkle with 1/2 tsp. Italian seasoning, 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/8 tsp. each salt and pepper. Cook and crumble for about 5 minutes, until fully cooked.

Transfer beef to a large bowl. Add drained zucchini, tomatoes, and remaining 1 tsp. Italian seasoning, 3/4 tsp. garlic powder, 3/4 tsp. onion powder, and 1/8 tsp. each salt and pepper. Mix well.

Transfer mixture to the baking pan, and smooth out the top.

In a medium bowl, combine ricotta cheese, egg whites/substitute, chopped garlic, and nutmeg. Mix until smooth and uniform.

Spread ricotta mixture over the contents of the pan.

Top with mozzarella and Parm. Bake until hot and bubbly, 20 - 25 minutes.

Let cool for 10 minutes before slicing.

MAKES 4 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in

recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

Publish Date: April 3, 2017

Author: Hungry Girl

Copyright © 2018 Hungry Girl. All Rights Reserved.