



6-Ingredient Zucchini Lasagna



1/4th of recipe: 298 calories, 10g total fat (4.5g sat. fat), 579mg sodium, 26.5g carbs, 4.5g fiber, 10g sugars, 26.5g protein

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Prep: 20 minutes **Cook:** 1 hour

Cool: 10 minutes



Ingredients

20 oz. (about 3 medium) zucchini, ends removed
8 oz. raw extra-lean ground beef (at least 96% lean)
1 cup marinara sauce with 70 calories or less per serving
1 cup light/low-fat ricotta cheese
4 whole-grain oven-ready lasagna sheets
1/2 cup shredded part-skim mozzarella cheese

Seasonings:

1 tsp. garlic powder
3/4 tsp. onion powder
1/2 tsp. Italian seasoning
1/4 tsp. each salt and black pepper

Directions

Preheat oven to 400 degrees. Spray a baking sheet and an 8" X 8" baking pan with nonstick spray.

Cut zucchini lengthwise into 1/2-inch slices. Sprinkle with 1/2 tsp. each garlic powder and onion powder. Place on the baking sheet, and bake for 10 minutes. Flip zucchini, and bake until lightly browned and softened, about 10 minutes.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, Italian seasoning, salt, pepper, 1/4 tsp. garlic powder, and remaining 1/4 tsp. onion powder. Cook and crumble for about 5 minutes, until fully cooked. Remove from heat, and mix in marinara sauce.

In a medium bowl, mix ricotta with remaining 1/4 tsp. garlic powder.

Thoroughly blot zucchini dry. Evenly layer the following in the baking pan: 1/3rd of the zucchini, half of the seasoned ricotta, 2 lasagna sheets, and 1/3rd of the meat sauce. Repeat layering process. Evenly top with remaining zucchini and meat sauce.

Top with mozzarella. Cover with foil, and bake for 30 minutes.

Uncover and bake until lasagna sheets are cooked through and cheese has lightly browned, about 8 minutes.

Let cool for 10 minutes before slicing.

MAKES 4 SERVINGS

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