



Cheeseburger Lasagna



1/4th of recipe: 353 calories, 9.5g total fat (4.5g sat. fat), 679mg sodium, 32.5g carbs, 6g fiber, 10.5g sugars, 33.5g protein

Prep: 30 minutes **Cook:** 1 hour

Cool: 10 minutes

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



Ingredients

1 1/4 lbs. (2 - 3 medium) zucchini
1 tsp. garlic powder
1 tsp. onion powder
12 oz. raw extra-lean ground beef (96% lean)
2 cups chopped brown mushrooms
1/2 cup finely chopped onion
3 tbsp. yellow mustard
2 tbsp. light/reduced-fat cream cheese
One 10-oz. package frozen chopped spinach, thawed and squeezed dry
1/2 cup light/low-fat ricotta cheese
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/8 tsp. each salt and black pepper
1 cup canned crushed tomatoes
4 whole-grain/whole-wheat oven-ready lasagna sheets
1/3 cup shredded reduced-fat cheddar cheese
Optional toppings: ketchup, chopped hamburger dill pickle chips

Directions

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

Slice off and discard zucchini ends. Cut zucchini in half widthwise, and cut each half lengthwise into 1/4-inch-thick strips.

Evenly lay zucchini on the baking sheet, overlapping if needed. Sprinkle with 1/2 tsp. each garlic powder and onion powder. Bake for 10 minutes.

Meanwhile, bring a large skillet to medium-high heat. Add beef, mushrooms, onion, and remaining 1/2 tsp. each garlic powder and onion powder. Cook and crumble until beef is fully cooked and veggies have softened, 5 - 7 minutes.

Remove skillet from heat, and stir in mustard and cream cheese until uniform.

Flip zucchini. Bake until softened, about 10 more minutes.

Meanwhile, in a medium-large bowl, combine spinach, ricotta cheese, egg, salt, and pepper. Mix until uniform.

Remove sheet from oven, and increase temperature to 425 degrees.

Evenly layer ingredients in the baking pan: half of the sliced zucchini, half of the beef mixture, 1/2 cup crushed tomatoes, 2 lasagna sheets, and half of the spinach mixture. Repeat layering with remaining zucchini, beef, and spinach mixture, followed by remaining 2 lasagna sheets, and remaining 1/2 cup crushed tomatoes.

Top with cheddar. Cover pan with foil. Bake for 30 minutes.

Remove foil and bake until lasagna sheets are cooked through and cheese has lightly browned, 8 -

10 minutes.

Let cool for 10 minutes before slicing.

MAKES 4 SERVINGS

HG FYI: If you can't find whole-grain/whole-wheat oven-ready lasagna sheets at the supermarket, stock up [online](#). Or use regular oven-ready sheets instead, which have slightly less fiber.

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