



## 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

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

**Cool:** 10 minutes



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### 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

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