


COOK TIME
60 MIN

PREP TIME
5-10 MIN

YIELDS
6-8 SERVINGS

ZUCCHINI LASAGNA

Perfectly crafted with zucchini and pasta, this lasagna delivers a delicious balance of carbs, protein, and veggies.

INGREDIENTS:

Base

2 medium-large zucchinis (sliced 1/8-inch thin)	36 oz spaghetti or tomato sauce
8-10 lasagna noodles	Fresh parsley (garnish)
1 lb lean ground turkey	3 Tsp fresh oregano or Italian seasoning
2 cups parmesan cheese	3 Tbsp chopped basil
4 cups mozzarella, shredded	(2 Tbsp for sauce, 1 Tbsp to top lasagna)
Cooking spray	2 Tbsp minced garlic
2 Tbsp minced garlic	1 Tsp salt
2 Tbsp olive oil	1 Tsp black pepper

Ricotta Filling

1 Tbsp of minced garlic	Pinch of salt
1 ½ cups ricotta cheese (drained of liquids)	Pinch of black pepper
¼ cups parmesan cheese	¼ Tsp black pepper
1 egg	¼ cup fresh chopped basil

Materials

9x13 baking dish
Aluminum foil



HOW TO MAKE

EXPRESS LANE TIPS:

No boil/oven ready lasagna noodles are a great way to simply assemble and bake; no water boiling needed. Fresh oregano not available? Use half amount of dried oregano.

PERSONALIZE IT:

Use gluten-free lasagna noodles, ground beef or ground chicken.

STEPS:

1. Preheat the oven to 350 degrees F.
2. Start by heating a large skillet on medium high heat. Add ground turkey and brown; cooking thoroughly. Drain liquid from the turkey.
3. Add garlic and tomato sauce to the turkey. Season with chopped basil, oregano/Italian seasoning, and salt and black pepper. Simmer for 3-4 minutes.
4. In a large bowl, mix together ricotta, parmesan cheese, egg, cheese, chopped basil, salt and ground black pepper. Mix well and set aside.
5. Bring a pot of water to a boil and season with a big pinch of salt.
6. Add your lasagna noodles to the boiling water and cook for 6 minutes, undercooking them. Drain and set aside.
7. To assemble the lasagna, spray the bottom of your 9x13 baking dish with cooking spray.
8. Spread a thin layer of sauce on the bottom of the skillet/pan.
9. Cover the sauce with 4 lasagna noodles.
10. Top with 1/3 of the ricotta cheese mixture and 1-2 cups of sauce.
11. Sprinkle about 1 cup of mozzarella cheese on top.
12. Repeat layering but this time with zucchini slices instead of the noodles. (Zucchini, ricotta filling, sauce...)
13. Repeat with 4 lasagna noodles, 1 cup mozzarella cheese, ¼ cup parmesan cheese and sauce.
14. Top with zucchini slices, sauce, 2 cups mozzarella cheese, ½ cup parmesan cheese, and 1 tbsp fresh chopped basil, and a pinch of salt and black pepper.
15. Spray one side of a sheet of aluminum foil with cooking spray and cover the pan to prevent the cheese from sticking to the foil.
16. Bake in the oven for 45 minutes. Uncover and broil for 5 minutes on high.
17. Let the lasagna cool and rest for 15 minutes before cutting and serving.