

Carbs-are-Cancelled Zucchini Lasagna



SIZE

For 8

PREPARATION

1 hour 15 min

DIFFICULTY



Level 1



Level 2



DESCRIPTION

We love a noodle-y lasagna as much as the next guy, but sometimes you're trying to chill out on the carbs, or make food for a friend who doesn't do gluten, or just eat more veggies. So we give you this carbs-are-cancelled zucchini lasagna. So delicious, so easy, so here for you on the days you want comfort food, minus the carbs.

Ingredients

4 sliced vertically, $\frac{1}{8}$ inch thick (about 2 lbs)

1 tsp + **2** T evoo, divided

1 lb. 93% lean ground beef

1/4 tsp red pepper flakes

1 tsp oregano

1 tsp onion powder

2 jars not just pasta sauce

1 cup ricotta cheese

1 egg

2 cups shredded mozzarella cheese

salt & pepper, to taste

Process

1

Place the zucchini slices on a paper towel-lined plate and sprinkle with salt. Let stand for 5 minutes..

2

Wipe any excess moisture released from the zucchini after 5 minutes and place on a foil-lined baking sheet. Broil 6 inches from the heating element for 8 minutes, flipping halfway through. Heat the oven to 350 when zucchini is done..

3

Meanwhile, in a 12-inch skillet, heat the oil over medium-high until shimmering. Add the ground beef, red pepper flakes, oregano, and onion powder and cook, breaking the meat into small chunks until beginning to brown, about 8 minutes. Add the not just pasta sauce, bring to a simmer and cook until slightly thickened, 3-5 minutes. While the sauce thickens, in a medium bowl, mix the ricotta, egg, and 2 tablespoons olive oil. Season with salt and pepper and set aside.

4

Spread 1 cup meat sauce on the bottom of a 9 x 13 baking dish, top with 6 zucchini slices, 1/2 cup ricotta mixture, another 1 cup meat sauce, and 1/2 cup mozzarella cheese. Repeat one more time. Add a final layer of zucchini and remaining 1 cup mozzarella. Cover with foil, and bake for 30 minutes. Remove the foil, and bake for another 5 minutes. Let cool for 5 minutes before serving.