

ZUCCHINI LASAGNA

Serves: 4



- 2 1/2 cups zucchini, sliced lengthwise 1/4 inch thick (about 2 medium)
- 1/2 lb lean ground beef (demo used 1 lb.)
- 1/4 cup onion, chopped
- 2 small tomatoes, cut up
- 1 (6 ounce) can tomato paste
- 1 garlic clove, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 cup water
- 1/8 teaspoon pepper
- 1 egg
- 3/4 cup low fat cottage cheese (or low fat or fat free ricotta)
- 1/2 cup mozzarella cheese, shredded (I use 8 oz. divided)
- 1 teaspoon flour

DIRECTIONS

1. Cook zucchini until tender, drain and set aside. Fry meat and onions until meat is brown and onions are tender; drain fat. Add next 8 ingredients and bring to a boil.
2. Reduce heat; simmer, uncovered 10 minutes or until reduced to 2 cups.
3. In small bowl slightly beat egg.
4. Add cottage cheese, half of shredded cheese and flour.
5. In (1 1/2-qt.) baking-roasting pan arrange half of the meat mixture. Top with half of the zucchini and all the cottage cheese mixture. Top with remaining meat and zucchini.
6. Bake uncovered at 375 degrees F for 30 minutes.
7. Sprinkle with remaining cheese. Bake 10 minutes longer.
8. Let stand 10 minutes before serving.

Nutrition Information

Serving Size: 1 (317 g) Servings Per Recipe: 4

	Amount Per Serving	% Daily Value
Calories	261.1	
Calories from Fat	104	40%
Total Fat	11.6 g	17%
Saturated Fat	5.1 g	25%
Cholesterol	98.7 mg	32%
Sodium	631 mg	26%
Total Carbohydrate	16.1 g	5%
Dietary Fiber	3.4 g	13%
Sugars	10.5 g	42%
Protein	24.5 g	