

Zucchini Lasagna

Cook Time 45 minutes

Servings 4 servings



Ingredients

- 20 oz. zucchini (about 2 large or 3 medium, do not peel)
- 1 lb ground beef (I prefer grass fed ground beef)
- 15 oz. tomato sauce
- 1 cup finely chopped onion
- 1 1/2 cups (5 oz) shredded mozzarella cheese
- 1/2 cup (2.2 oz) finely grated parmesan cheese
- 1 tbsp olive oil
- 1 tbsp dried oregano
- 2 tsp table salt
- Pepper to taste
- 1/4 tsp ground cayenne

Instructions

Making the meat sauce:

1. Heat a high-sided pan over medium heat until hot. Add olive oil to coat the bottom of the pan. Add onions and cook until softened, about 5 minutes, stirring occasionally.
2. Add ground beef to the pan and brown, breaking it apart as it cooks.
3. Stir in tomato sauce. Bring to a simmer over medium-high heat, then gradually reduce the heat and simmer. Simmer for about 10 minutes to thicken the sauce, stirring frequently. The sauce should be thick, easily clinging to the meat and onions.
4. Add oregano, salt, and cayenne. Stir for a minute until well-mixed. Turn off the heat.

Assembling and baking lasagna:

1. Position an oven rack in the lower half of the oven and preheat to 375 F. Set aside an 8x8 inch baking dish.
2. For each zucchini, slice off both ends and discard them. Stand the zucchini vertically on a stable flat end, and slice along its length into 1/8 - 1/4 inch thick strips. Don't worry if the slices aren't perfect.
3. Arrange one-third of the zucchini slices along the bottom of the baking dish so that they are slightly overlapping in a criss-cross pattern. Evenly spread a portion of the meat sauce over the zucchini. Distribute about 1/2 cup of mozzarella cheese on top of the meat sauce.
4. Repeat with another zucchini layer, a meat sauce layer, and a cheese layer.
5. Top with remaining zucchini slices. Add another 1/2 cup mozzarella cheese and 1/2 cup parmesan cheese on top of the zucchini. Give the baking dish a quick shake so the cheeses spread out and settle into cracks.
6. Bake covered at 375 F for about 30 minutes. Uncover and cook for an additional 15 minutes or until the lasagna is golden brown on top. Let it cool for at least 15 minutes to allow the lasagna to set and cease bubbling before slicing.

