

Noodleless Zucchini Lasagna

Serves 12

Serve with a large salad and some low-carb breadsticks from the “Bread and grain substitution section.”

INGREDIENTS

- 2 large or 4 medium Zucchini
- 2 pounds ground beef (Ideally Grass-fed)
- 2 teaspoons minced garlic
- 1 small onion (optional but highly suggested)
- 36 ounces of Spaghetti sauce (Check your store for one with **only 4 net carbs** per serving.)
- 2 cups shredded mozzarella cheese (Or an Italian blend of cheeses)
- 4 cups Cottage cheese or Ricotta cheese (or my preference is 2 cups of each)
- Oregano or Basil as desired. (My preference is a teaspoon of each.)
- 3 tablespoons grated or shredded Parmesan cheese for the topping

Directions

1. Preheat oven to 375
2. Slice the zucchini into 1/8 inch thick slices. (Lengthwise is possible.)
3. Place the zucchini slices in a single layer on 2 baking sheets, overlapping the slices slightly as needed.
4. Roast until softened and pliable, about 15-25 minutes. (Until they are no longer releasing steam.)
5. While zucchini are roasting brown your ground beef with optional onions and garlic.
6. In a mixing bowl blend together all cheeses and optional spices.
7. When zucchini is done place the baking sheets on wire racks and set aside to cool.
8. Spread a light layer of spaghetti sauce in bottom of a 9 x 13 casserole dish.
9. Drain off excess oil from meat and stir in the spaghetti sauce.
10. Layer the bottom of the pan with zucchini to fully cover the bottom of the pan.
11. Now add a layer of meat sauce followed by a layer of the cheese sauce.
12. Repeat 2 more times to create 3 layers of zucchini/meat sauce/cheese in your finished product.
13. Bake uncovered until the sauce is bubbling around the edges and the top is browned, about 45-50 minutes.
14. Remove the pan to a wire rack and let cool for 30 minutes before slicing.
15. Slice into 12 individual serving sizes, to help with portion control



See Bob's video at the main dish section at: TrinityHealthCoaching.com/cookbook

