

Recipe:

ZUCCHINI LASAGNA

Date:

Total Yield	Diet Type
10-12 Servings	<input checked="" type="checkbox"/> GENERAL <input checked="" type="checkbox"/> GLUTEN-FREE <input type="checkbox"/> VEGAN <input type="checkbox"/> KETO <input type="checkbox"/> OTHER -

Ingredients

Zucchini - 2 medium pcs., sliced

Cornstarch - $\frac{3}{4}$ cup

Salt & Pepper - to season

Egg wash - 1 egg beaten + 2
Tbsp Water

Ground beef - 1 lb

Tomato sauce or Spaghetti sauce
- 24 oz bottle or can

Onion - medium, chopped

Garlic - 3 cloves, chopped

Bell peppers - 1-2, chopped -
OPTIONAL

Thyme, Paprika, Oregano -
dried, for seasoning

Ricotta cheese - as needed

Mozzarella cheese -
shredded, as needed

Total Cost:

Preparations & Cooking

1. Brown the beef in a skillet. Remove excess grease, if needed.
2. Add the onions, garlic and bell pepper. Season with other herbs such as thyme, paprika, and oregano if desired.
3. Add the tomato or spaghetti sauce to the meat and mix.
4. Taste the meat mixture and adjust the taste if needed. Set aside.
5. Assemble the egg wash and cornstarch in two bowls.
6. Season each bowl with salt and pepper or other seasonings, if desired. Heat the oil in a frying pan, just at medium heat.
7. Once the oil is warm, soak the sliced zucchini in the egg wash first and then in the cornstarch.
8. Shake off excess starch. Transfer to the frying pan.
9. Fry each slice according to how brown you like it. Remember it will still be baked with the meat sauce. Set aside.
10. Layer some zucchini on the bottom of the baking pan. Top with a layer of ricotta cheese, then the meat sauce, then the mozzarella cheese.
11. Repeat the layers until all the ingredients are used.
12. Bake in a preheated oven at 350 F with foil cover for 20–25 minutes. Add a layer of mozzarella cheese, if desired, before cutting and serving.

Prep Time:

20 minutes

Cook Time:

20-25 minutes

