

This tasty zucchini lasagna has all the wonderful flavors of the traditional dish, but it uses a vegetable base instead of noodles.

INGREDIENTS:

For the zucchini layer:

- 5 medium zucchini (2 lb. total weight)
- Olive oil cooking spray
- 1 ½ teaspoons kosher salt divided
- ½ teaspoon black pepper divided
- ½ teaspoon garlic powder

For the beef layer:

- 1 tablespoon olive oil
- 1 lb. lean ground beef (85/15)
- 1 tablespoon fresh garlic minced
- 1 ⅓ cup marinara sauce divided



For the ricotta layer:

- 15 oz whole milk ricotta cheese room temperature
- 2 large eggs
- ½ cup fresh basil chopped, packed (1 oz)

Topping:

- 8 oz mozzarella cheese shredded, part-skim, divided

INSTRUCTIONS:

Grill the zucchini slices:

1. Preheat your oven to 350°F and heat your grill to medium. Slice the zucchini lengthwise into ¼-inch-thick strips, getting 6 slices out of each zucchini and discarding the ends.
2. Spray the zucchini slices with olive oil and sprinkle them with ½ teaspoon Kosher salt, ⅛ teaspoon black pepper, and ½ teaspoon garlic powder.

3. Grill the zucchini slices, in batches, for 2-3 minutes on each side or until golden and firm - not browned and crisp. Spread them on clean kitchen towels to soak up more moisture.

Cook the beef:

1. Heat the olive oil in a large skillet over medium-high heat for about 2 minutes. Add the meat, minced garlic, ½ teaspoon of kosher salt, and ¼ teaspoon of black pepper.
2. Cook, stirring with a wooden spoon to break up the meat, until the meat is no longer raw, about 5 minutes. Drain into a colander. Return the meat to the pot and mix in 1 cup of the marinara sauce. Turn the heat off and set the beef mixture aside.

Prepare the ricotta layer:

1. In a medium bowl, use a fork to mix together the ricotta, eggs, basil, and the remaining kosher salt and black pepper.

Assemble the lasagna:

1. Spread the remaining ⅓ cup of the marinara sauce on the bottom of a 9 X 13 baking dish. You can also use a slightly smaller baking dish, such as a dish that measures 11 X 7 inches.
2. Top the marinara sauce with a layer of zucchini, then a third of the ricotta mixture, a third of the meat mixture, and a third of the shredded mozzarella cheese.
3. Repeat, arranging the zucchini slices in the opposite direction: zucchini, ⅓ ricotta, ⅓ meat mixture, ⅓ mozzarella.
4. Repeat one last time, adding one extra layer of zucchini: zucchini, ricotta, meat mixture, more zucchini, and mozzarella.

Bake the lasagna:

1. Bake, uncovered, until the cheese is golden, about 30 minutes. If your baking dish is broiler-safe, you can finish by broiling the lasagna for 1-2 minutes to brown the cheese. Let it stand for 10 minutes before serving.

Notes

- Grilling works best to remove the water from the zucchini. But as an alternative to grilling, you can bake the zucchini slices in a 500°F oven until golden, about 5 minutes on each side. Or, if your pan is broiler-safe and you use unbleached parchment paper marked as broiler-safe, you can broil them 6 inches from the heating element (not directly below) for 3-4 minutes per side. Remember to set the oven to 350°F when you're done.

- If you're using truly big zucchinis, ½ lb. each, cut them in half crosswise, then slice lengthwise. Make sure to save the prettiest slices for the top of the lasagna.
- You can lightly grease the bottom of the baking dish instead of spreading it with ⅓ cup of marinara sauce.
- You can grill the zucchini ahead of time. Store it in the fridge in an airtight container, separating layers with paper towels. Replace the paper towels after a few hours with dry ones.
- You can also cook the beef beforehand and briefly reheat it in the microwave before using it in the lasagna.

Nutrition

Calories: 368kcal | Carbohydrates: 9g | Protein: 26.1g | Fat: 25g | Saturated Fat: 12g | Sodium: 558mg | Fiber: 2g | Sugar: 3g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.