



Catholic Health Initiatives

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Zucchini Lasagna

Serves 8

Prep/cooking time: 2 hours

Ingredients:

- 1 lb. 93% lean ground beef
- 1 tsp. olive oil
- 3 cloves garlic, minced
- ½ large onion, chopped
- 1 (28 oz. can) crushed tomatoes
- 2 tbsp. fresh basil, chopped
- 1½ tsp. salt
- Black pepper, to taste
- 3 medium zucchinis, sliced ⅛ inch thick
- 1½ cups part-skim ricotta cheese
- ¼ cup shredded parmesan cheese
- 1 large egg
- 4 cups shredded part-skim mozzarella cheese

Directions:

Brown meat; drain grease; set aside in bowl. Using same pan, heat olive oil. Sauté garlic and onions about 2 minutes, return meat to the pan, add tomatoes, basil, salt and pepper. Cover and simmer for 30-40 minutes. Slice zucchini lengthwise, lightly salt and set aside for 10 minutes, blot with a paper towel. Preheat grill or grill pan to medium high. Grill zucchini slices 2 to 3 minutes per side, until lightly browned. Blot again with paper towel. Preheat oven to 375 degrees. In a medium bowl mix cheeses and egg. In a 9x12 pan, pour ½ cup of meat sauce and cover with zucchini. Spread ½ cup of the cheese and egg mixture, top with 1 cup of the mozzarella cheese and repeat layering until all ingredients are used. The top layer should be zucchini and sauce. Cover with foil and bake 30 minutes. Uncover and bake for additional 20 minutes. Sprinkle the remaining mozzarella cheese and bake until melted, about 10 minutes. Let stand 15 minutes before serving.



Healthy Comfort Food

Harvest of the Month
zucchini