



Cooking with Dana

Zucchini Lasagna

3 large Zucchini
Sea salt

Filling

1 tablespoon olive oil
2 teaspoons garlic
¼ c diced onions
1 tablespoon Italian seasoning
½ c red bell pepper
½ c green bell pepper
2 c chopped spinach
1 lb ground turkey/beef
1 28oz can diced tomatoes
1 6oz can tomato paste

3 cups grated cheese

1. Preheat oven to 375 degrees. Peel the zucchini and cut off the ends. Thinly slice zucchini lengthwise about ¼ inch thick. Place on baking sheet and lightly sprinkle sea salt on both sides and bake for 5 minutes on each side or until tender.

2. Heat olive oil in a sauté pan on medium heat. Add garlic, onion, bell peppers, and seasoning. Sauté for about 5 minutes, add ground turkey/beef and continue to sauté until browned, about 8 minutes. Stir consistently to avoid burning. Add canned tomatoes and tomato paste and stir. Add a little salt and pepper to taste.

3. Assemble lasagna in an 8X8 loaf pan. Arrange zucchini to cover the bottom on the pan, cover with the turkey filling. Add a handful of spinach and cover with a handful of shredded cheese. Add another layer of zucchini, followed by a layer of the turkey filling, a handful of spinach, and a handful of cheese. Repeat with remaining ingredients and spread remaining cheese on top.

4. Bake for 25 minutes at 375 degrees until sauce and cheese are bubbly. Cool for 10 minutes before cutting.

Enjoy!