

- 2 1/2 cups zucchini, sliced 1/4 inch thick (about 2 medium)
- 1 teaspoon flour
- 1/2 lb lean ground beef (I use 1 lb.)
- 1/4 cup onion, chopped
- 2 small tomatoes, cut up
- 1 (6 ounce) can tomato paste
- 1 garlic clove, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 cup water
- 1/8 teaspoon pepper
- 1 egg
- 3/4 cup cottage cheese (or Ricotta Cheese)
- 1/2 cup mozzarella cheese, shredded (I use 8 oz. divided)



## Zucchini Lasagna

### Directions

1. Cook zucchini until tender, drain and set aside. Fry meat and onions until meat is brown and onions are tender; drain fat. Add next 8 ingredients and bring to a boil.
2. Reduce heat; simmer, uncovered 10 minutes or until reduced to 2 cups.
3. In small bowl slightly beat egg.
4. Add cottage cheese, half of shredded cheese and flour.
5. In (1 1/2-qt.) baking-roasting pan arrange half of the meat mixture. Top with half of the zucchini and all the cottage cheese mixture. Top with remaining meat and zucchini.
6. Bake uncovered at 375 degrees F for 30 minutes.
7. Sprinkle with remaining cheese. Bake 10 minutes longer.
8. Let stand 10 minutes before serving.

### Nutrition Facts

Serving Size 1 (318g)

Recipe makes 4 servings

#### Calories 262

Calories from Fat 101 (38%)

Amount Per Serving	%DV
Total Fat 11.3g	17%
Saturated Fat 5.2g	25%
Monounsaturated Fat 4.2g	
Polyunsaturated Fat 0.7g	
Trans Fat 0.4g	
<b>Cholesterol 104mg</b>	<b>34%</b>
<b>Sodium 664mg</b>	<b>27%</b>
<b>Potassium 1020mg</b>	<b>29%</b>
<b>Total Carbohydrate 16.4g</b>	<b>5%</b>
Dietary Fiber 3.6g	14%
Sugars 8.6g	
<b>Protein 25.3g</b>	<b>50%</b>

