



## No Pasta Lasagna

When making a lasagna recipe, fast, simple and easy generally do not come into mind, but great flavor does. This recipe hits hard on the taste factor, while having less carbs for the healthy factor, and is the easiest lasagna recipe I have ever made.

Prep Time: 15 minutes

Cook Time: 40 minutes

**Ready In: 55 minutes**

**Serving Size:** 10 servings

### Ingredients

- ✓ ½ lb. (8 oz.) 93% lean ground beef
- ✓ ½ lb. (8 oz.) Italian sausage
- ✓ 8 oz. package of parmesan cheese
- ✓ 16 oz. container ricotta cheese
- ✓ 1 egg
- ✓ 16 oz. jar spaghetti sauce
- ✓ 14.5 oz. can diced tomatoes
- ✓ 2 tablespoons ketchup
- ✓ 6 oz. container feta cheese
- ✓ 3 medium zucchini
- ✓ 1 ½ teaspoon salt

### Directions

1. In a medium to large pan brown sausage and meat, 7 to 10 minutes, then remove from heat and drain excess fat from pan.
2. Slice zucchini into 1/8" thick slices (long ways). Lightly salt the slices on both sides and set aside for 10 minutes. Zucchini has a lot of water when cooked, salting it takes out a lot of moisture for a better lasagna recipe. After the 10 minutes, blot excess moisture with a paper towel.
3. Preheat oven to 400 degrees F (200 degrees C).
4. Measure 1 cup of Parmesan cheese and set aside. In a medium bowl stir together egg, ricotta cheese, and the rest of Parmesan cheese. In a separate bowl stir together diced tomatoes, spaghetti sauce and ketchup.
5. Spread a small amount of spaghetti sauce mixture in the bottom of a casserole dish. Top this with a layer of sliced zucchini. Next cover the zucchini larger with the ricotta mixture layer and sprinkle a layer of feta on top of that. Finally cover the feta layer with the meat. Repeat this process of layering with the remaining ingredients, ending with a final layer of the 1 cup of Parmesan cheese.
6. Bake in preheated oven for roughly 40 minutes or until cheese is slightly browned.

### Nutrition Amount per serving

- ❖ Calories: 298
- ❖ Total Fat: 19 g
- ❖ Total Carbs: 11 g
- ❖ Protein: 21 g
- ❖ Cholesterol: 91 mg
- ❖ Sodium: 906 mg
- ❖ Potassium: 246 mg