

## Zucchini Lasagna

Even the kids love it!

### Ingredients

4 medium zucchini  
1 lb. ground beef (use turkey for less fat)  
2 cups baby Portobello mushrooms, sliced  
1 medium onion, finely chopped  
2 cloves garlic, minced  
1 jar pasta sauce (look for low sugar)  
8 oz. tomato sauce  
1 tsp dried basil  
1 tsp dried oregano  
1 tsp fennel seeds, crushed  
1 egg, slightly beaten  
15 oz fat-free ricotta cheese  
2 cups shredded mozzarella cheese



### Directions

1. Preheat broiler.
2. Slice zucchini lengthwise into ¼ inch planks. Spray each side with cooking spray and place them on a wire rack over a baking sheet. Broil for 10-12 minutes on each side or until lightly browned.
3. Reduce oven temperature to 375 degrees.
4. Brown ground turkey, onion, garlic and mushrooms in large skillet. Remove from heat and stir in seasonings, pasta sauce and tomato sauce.
5. Combine egg and ricotta cheese in small bowl.
6. Spread 1 cup of meat sauce into greased 9x13 baking dish. Top with zucchini slices and half of the ricotta cheese mixture. Sprinkle with ¾ cup of the mozzarella cheese. Repeat the process ending with sauce on top.
7. Bake uncovered for 20 minutes. Sprinkle with remaining cheese and bake an additional 10-15 minutes or until cheese is melted.
8. Let stand for 10 minutes before slicing.

Makes 12 servings

### Nutrition Facts:

Calories 209  
Total Fat 8g  
Total Carbohydrates 15g  
Dietary Fiber 3g  
Protein 20g