No-Noodle
Zucchini Lasagna

THE KITCHEN 2 HARVEST

Adapted from *downshifology.com*

Ingredients

- 4 large zucchini
- 24 ounces pasta sauce
- 15 oz cottage cheese
- 1 cup shredded parmesan (optional)
- 1 1/2 cups mozzarella
- 1 egg
- salt and pepper

Directions

Yield: 12 servings **Serving size:** 1 1/2 cups

1. Preheat the oven to 400 degrees. Slice the zucchini lengthwise into thin slices, as thick or thin as you'd like. Set aside.
2. In a medium bowl, mix the cottage cheese, egg and remaining salt and pepper.
3. Spread 1/2 cup of pasta sauce onto the bottom of your 9x13– inch casserole dish.
4. Add zucchini slices on top of the pasta sauce. They can overlap or you can place them side-by-side.
5. Evenly spread 1/2 the cottage cheese mix on top, followed by 1/2 cup of the mozzarella. Repeat the layers one more time.
6. Top the lasagna with a final layer of zucchini slices, and 1/2 cup mozzarella cheese.
7. Place the lasagna in the over and bake for 40-45 minutes. Broil for a couple of minutes more to get a nice golden top.
8. Let stand for 10m minutes to cool, and serve. Enjoy!

Visit **secondharvestkitchen.org** to find more recipes, free classes, and ways to get involved!

Fast Facts

Featured Food Groups

Cooking Tips

- Try adding other veggies, such as mushrooms, spinach, onions, or eggplant can be easily added as a layer.

- Any store-bought past a sauce will do great!

Nutrition Facts

Serving Size: 1 cup (250g)

Amount Per Serving

Calories 267	Calories from Fat 153
	% Daily Value
Total Fat 17g	26%
Saturated Fat 6.8g	34%
Trans Fat 0.1g	
Cholesterol 67mg	22%
Sodium 818mg	34%
Potassium 558mg	16%
Total Carbohydrates 9.8g	3%
Dietary Fiber 2.7g	11%
Sugars 4.5g	
Protein 20g	
Vitamin A	25%
Vitamin C	38%
Calcium	24%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.

Second Harvest is an equal opportunity provider.