



Zucchini Lasagna for Family Dinner

A twist on the classic recipe we all love!



(See ingredients and recipe on back)

Plan on cooking a family meal soon? Maybe you just need something healthy for meal prep. Here's a zucchini lasagna recipe that's simple, nutrient-dense, and packs a lot of flavor. The pasta layers have been switched for zucchini (oven-baked). Use the best quality ingredients you can get.

Ingredients:

- 1 medium Onion (diced)
- 6 cloves Garlic (minced)
- 4 tbsp Tomato paste
- 28 oz Crushed tomatoes
- 3 tbsp Italian seasoning
- 1/2-1 tsp Crushed red pepper flakes
- 1 lb Ground beef
- 6 Zucchini or Yellow squash (cut into 1/4 inch rounds)
- 2 cups Greek yogurt
- 1/2 cup Cottage cheese
- 1 cup Cheddar cheese

Instructions:

1. Preheat the oven to 375 °F.
2. Add diced onions to pan and sauté until translucent.
3. Add garlic and sauté for 2 minutes.
4. Add ground beef, tomato paste, diced tomatoes, red pepper flakes, Italian seasoning & salt and pepper and cook until ground beef is fully cooked.
5. While the beef mixture is cooking, in a separate bowl add cottage cheese, yogurt and cheddar cheese and mix until combined.
6. In a baking tray add a layer of zucchini, then half of the ground beef mixture and half of the cheese/yogurt mixture. Repeat!
7. Put in the oven for 50 minutes.
8. Let cool for 15 minutes before serving.

Recipe video (and more tasty meals) available on the MaxLiving Healthy Recipes website!