

## Zucchini Noodle-less Lasagna

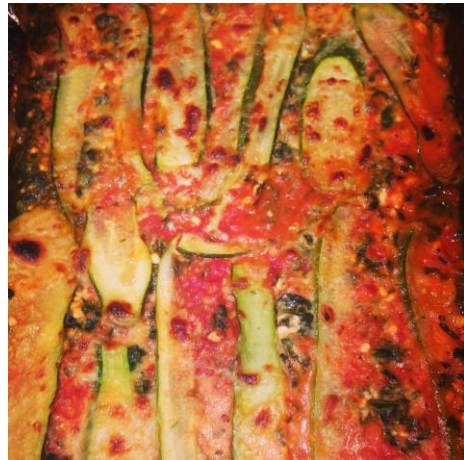
*Looking for ways to cut out carbohydrates? Cutting zucchini into long strips makes the perfect replacement for lasagna noodles without sacrificing on taste!*

Makes 15 servings

Prep Time: 20 minutes Cook Time: 55 minutes

Cost per serving: \$0.91

- 5 medium zucchini
- 10 oz frozen spinach
- 24 oz 2% cottage cheese
- 1 tsp dried basil
- 1 tsp dried oregano
- 3/4 cup parmesan cheese
- 1 cup mozzarella cheese
- 2 1/2 cups tomato sauce ([LINK TO TOMATO SAUCE](#))



Slice zucchini lengthwise into 1/4-inch strips. Sprinkle lightly with salt and place in a colander to drain for 20 minutes. Pat dry with paper towels.

Meanwhile, thaw spinach according to package directions. Combine thawed spinach with cottage cheese, basil, and oregano.

Preheat oven to 425F. Line a 9x13 baking pan with foil or lightly grease with cooking spray. Place 1/2 cup of tomato sauce into the pan and spread it out evenly. Place 1/3 of the zucchini slices in single strips to form one layer across pan. Spread half of the cottage cheese mixture on top of the zucchini slices. Sprinkle with 1/4 cup of parmesan cheese and 1/3 cup mozzarella cheese. Layer an additional 1/2 cup of tomato sauce, 1/3 of zucchini slices, remaining cottage cheese, and 1/4 cup of parmesan cheese and 1/3 cup of mozzarella cheese. For final layer, use remaining sauce, zucchini, and parmesan and mozzarella cheeses.

Cover with foil and bake for 50 minutes. Uncover and broil on HIGH for 5 minutes until top is slightly golden brown. Remove from oven and allow to sit for at least 15 minutes before serving.

\*May also use prepared canned or jarred tomato sauce. Try to choose a low sodium version if available.

<b>Nutrition Facts</b>	
Serving Size 175 g	
Amount Per Serving	
Calories 121	Calories from Fat 42
% Daily Value*	
<b>Total Fat</b> 5g	7%
Saturated Fat 3g	13%
Trans Fat 0g	
<b>Cholesterol</b> 17mg	6%
<b>Sodium</b> 648mg	27%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 12g	
Vitamin A 57%	Vitamin C 20%
Calcium 24%	Iron 7%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	