



## *Garden Fresh Farm Recipes*

# **Zucchini Lasagna**

It's summertime. Here is another recipe using fresh zucchini, tomatoes, herbs and peppers from our garden. "Looking for a low-carb dinner to satisfies your Italian food craving? Look no further! This lasagna is perfect in the summer with your garden-fresh veggies and herbs. You won't even miss the noodles in this one!"

### **Ingredients:**

- 2 large zucchini
- 1 tablespoon salt
- 1/2 pound ground beef
- 1/2 pound sausage
- 1 1/2 teaspoons ground black pepper
- 1 small green bell pepper, diced
- 1 onion, diced
- 2 cloves garlic
- 1 cup tomato paste
- 1 (16 ounce) can tomato sauce
- 1/4 cup red wine
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- hot water as needed
- 1 egg
- 1 (15 ounce) container ricotta cheese
- 2 tablespoons chopped fresh parsley



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1 pound fresh spinach, wilted and drained

1 pound fresh Bella mushrooms, sliced

8 ounces shredded mozzarella cheese

8 ounces grated Parmesan cheese

### **Directions:**

Preheat oven to 325 degrees F (165 degrees C). Grease a deep 9x13 inch baking pan.

Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander.

To prepare the meat sauce, cook and stir ground beef, sausage and black pepper in a large skillet over medium high heat for 5 minutes. Add in green pepper, garlic and onion; cook and stir until meat is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano, adding a small amount of hot water if sauce is too thick. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.

Meanwhile, stir egg, ricotta, and parsley together in a bowl until well combined.

To assemble lasagna, spread 1/2 of the meat sauce into the bottom of prepared pan. Then layer 1/2 the zucchini slices, 1/2 the ricotta mixture, all of the spinach, followed by all of the mushrooms, then 1/2 the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella. Spread Parmesan cheese evenly over the top; cover with foil.

Bake for 45 minutes. Remove foil; raise oven temperature to 350 degrees F (175 degrees C), and bake an additional 15 minutes. Let stand for 5 minutes before serving.

Original recipe makes 1 - 9x13 inch baking dish