



Noodleless Zucchini Lasagna

READY IN



130 min.

SERVINGS



12

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces artichoke hearts frozen dry with paper towels, and coarsely chopped thawed
- ☐ 12 servings pepper black freshly ground
- ☐ 14.5 ounce tomato sauce canned
- ☐ 1 tablespoon capers
- ☐ 1 pound curd cottage cheese
- ☐ 1.8 pounds crimini mushrooms trimmed sliced
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 medium garlic clove finely chopped
- ☐ 12 servings kosher salt

- ☐ 3 tablespoons olive oil
- ☐ 3 ounces parmesan cheese finely grated
- ☐ 0.1 teaspoon pepper red
- ☐ 4 cups whole-milk mozzarella shredded
- ☐ 0.5 medium onion yellow
- ☐ 1.5 pounds zucchini ends trimmed sliced lengthwise

Equipment

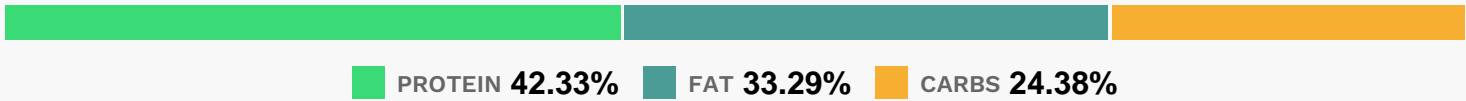
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Heat the oven to 375°F and arrange the racks to divide it into thirds.
- ☐ Heat the oil in a medium saucepan over medium heat until shimmering.
- ☐ Add the onion, season with salt, and cook, stirring occasionally, until softened and just beginning to brown, about 6 minutes.
- ☐ Add the garlic and pepper flakes and cook, stirring occasionally, until fragrant, about 1 to 2 minutes.
- ☐ Add the tomato sauce, capers, and measured salt, stir to combine, and bring to a boil. Reduce the heat to medium low and simmer until the flavors meld and the sauce has slightly thickened, about 10 minutes.
- ☐ Place the zucchini slices in a single layer on 2 baking sheets, overlapping the slices slightly as needed. Roast until softened and pliable, about 10 to 15 minutes.
- ☐ Place the baking sheets on wire racks and set aside to cool. Move the upper rack to the middle of the oven.

- ☐ Heat 1 tablespoon of the oil in a large frying pan over medium-high heat until shimmering.
- ☐ Add half of the mushrooms, season with salt and pepper, and cook, stirring rarely, until golden brown, about 6 minutes.
- ☐ Transfer to a large bowl.
- ☐ Add another tablespoon of the oil to the pan and repeat with the remaining mushrooms.
- ☐ Add the remaining tablespoon of oil to the pan and heat over medium-high heat until shimmering.
- ☐ Add the artichoke hearts, season with salt and pepper, and cook, stirring occasionally, until lightly browned, about 4 minutes.
- ☐ Transfer to the bowl with the mushrooms.
- ☐ Add 1 1/4 cups of the sauce to the mushroom-artichoke mixture and toss to evenly coat; set aside.
- ☐ Spread the remaining tomato sauce in a thin layer over the bottom of a 13-by-9-inch baking dish. Scatter a quarter of the mushroom-artichoke mixture over the sauce in an even layer. Evenly place a quarter of the zucchini slices in a single layer over the mixture. Using a small spoon, dollop a third of the cottage cheese filling evenly over the zucchini and flatten the dollops with the back of the spoon (the filling will spread out more as it cooks). Evenly sprinkle a quarter of the mozzarella over the cottage cheese filling. Make 2 more layers of the mushroom-artichoke mixture, zucchini slices, cottage cheese filling, and mozzarella. Make a final layer with the remaining zucchini slices, then the mushroom-artichoke mixture, and finally the mozzarella (switching up the order keeps the zucchini from burning under the cheese).
- ☐ Bake uncovered until the sauce is bubbling around the edges and the top is browned, about 40 minutes.
- ☐ Remove the pan to a wire rack and let cool for 30 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:17.947825833507%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 195.47kcal (9.77%), Fat: 7.57g (11.64%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 9.42g (3.42%), Sugar: 5.55g (6.17%), Cholesterol: 19.37mg (6.46%), Sodium: 915.64mg (39.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.28%), Calcium: 487.9mg (48.79%), Phosphorus: 475.94mg (47.59%), Selenium: 31.11µg (44.44%), Vitamin B2: 0.63mg (37.12%), Copper: 0.44mg (22.23%), Zinc: 3mg (20%), Potassium: 695.66mg (19.88%), Vitamin B3: 3.41mg (17.06%), Folate: 67.97µg (16.99%), Vitamin C: 13.99mg (16.96%), Manganese: 0.31mg (15.61%), Vitamin B5: 1.49mg (14.94%), Vitamin B6: 0.28mg (13.86%), Fiber: 3.05g (12.19%), Vitamin A: 593.99IU (11.88%), Magnesium: 45.42mg (11.36%), Vitamin B12: 0.67µg (11.18%), Vitamin B1: 0.14mg (9%), Vitamin E: 1.21mg (8.05%), Iron: 1.16mg (6.45%), Vitamin K: 6.6µg (6.29%)