



WHATSheATE



Zucchini Lasagna



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black freshly ground



28 ounce canned tomatoes diced canned



1 pound pd of ground turkey



2.5 tablespoons olive oil extra virgin extra-virgin



1 small onion finely chopped



3 tablespoons oregano fresh chopped



2 ounces parmesan cheese freshly grated



1 cup part-skim ricotta

- ☐ 0.5 teaspoon pepper red
- ☐ 2 teaspoons salt
- ☐ 2 medium zucchini

Equipment

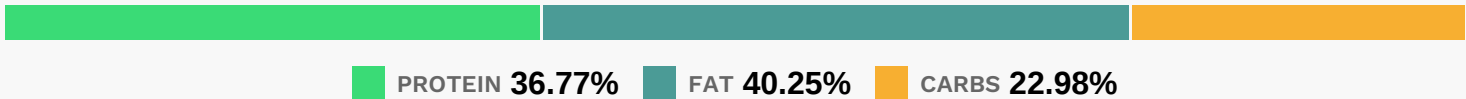
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375°F.
- ☐ In a large straight-sided skillet set over medium heat, heat 2 tablespoons of the oil.
- ☐ Add the onion and red pepper flakes and cook, stirring occasionally, until the onion is tender, about 8 minutes.
- ☐ Add the turkey and cook, breaking up any large pieces with the back of a spoon, until brown throughout, 3 to 4 minutes.
- ☐ Add the tomatoes and bring the mixture to a boil. Reduce the heat to medium and simmer until it thickens, about 20 minutes. Stir in the oregano and salt.
- ☐ Let cool.
- ☐ Slice the zucchini lengthwise into thin strips (about 1/8 inch thick). Put 5 or 6 zucchini slices, overlapping slightly, in the bottom of an 8 x 8-inch baking dish. Top with 1 cup of the sauce. Dot with 1/4 cup of the ricotta. Repeat the layers twice, alternating the direction of the zucchini. Top with the remaining zucchini and brush the top with the remaining 1/4 teaspoon oil. Dot with the remaining 1/4 cup ricotta and season with the black pepper. Top with the Parmesan cheese.
- ☐ Bake for 50 to 60 minutes, until the lasagna is bubbling and the top is brown.
- ☐ Let stand for 10 minutes before serving.
- ☐ freezes well!
- ☐ For best results, prepare the casserole through step

- ☐ Wrap in foil and freeze for up to 2 months. Thaw the casserole overnight in the refrigerator before baking as stated in the recipe. Note that casseroles that have not been completely thawed may take 15 to 30 minutes longer, so be sure to check for bubbling edges and a hot center.
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- ☐ New York Times bestselling authors, they are hosts of the Casserole Queens Web series on YouTube's Hungry channel, and they write a monthly column for Woman's Day.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:2.4, Inflammation Score:-9, Nutrition Score:17.036956673083%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 223.86kcal (11.19%), Fat: 10.46g (16.09%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 10.06g (3.66%), Sugar: 6.15g (6.83%), Cholesterol: 46.96mg (15.65%), Sodium: 910.93mg (39.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.5g (43%), Vitamin B6: 0.76mg (37.97%), Vitamin B3: 7.08mg (35.4%), Selenium: 21.04µg (30.06%), Phosphorus: 286.53mg (28.65%), Vitamin C: 18.59mg (22.53%), Calcium: 223.3mg (22.33%), Vitamin K: 22.26µg (21.2%), Manganese: 0.4mg (19.86%), Potassium: 677.5mg (19.36%), Vitamin E: 2.42mg (16.13%), Iron: 2.84mg (15.79%), Vitamin B2: 0.25mg (14.86%), Zinc: 2.22mg (14.79%), Magnesium: 58.48mg (14.62%), Copper: 0.27mg (13.58%), Fiber: 3.38g (13.52%), Vitamin A: 575.32IU (11.51%), Vitamin B5: 1mg (10.03%), Folate: 39.8µg (9.95%), Vitamin B1: 0.15mg (9.85%), Vitamin B12: 0.47µg (7.91%), Vitamin D: 0.29µg (1.95%)