

Zucchini Lasagna Recipe No Noodles

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Servings 9

Carbs per serving: 5 *(as long as you use the Marina sauce suggested, as well using a light or low fat ricotta may lower the carb count)*

1 pound of Ground Beef – I use 80% lean

Medium Zucchini – thinly sliced

15 oz Ricotta Cheese

1/2 cup Parmesan – shredded

1 cup Mozzarella – shredded

EXTRA 1/2 to 1 cup Mozzarella & Parmesan for Topping

2 large eggs

24 ounce Raos Marinara Sauce *(lowest carb sauce I can find!)*

1/2 tbsp McCormick Italian Seasoning

1 tsp Sea Salt

1/2 tsp pepper

Baking Dish – I used a 10" in diameter Corning Ware dish

Instructions:

1. Let's start on the most important part here, the Ricotta Cheese Mixture. The eggs are so important here and give it that extra texture that just makes this so much more fulfilling.
2. Mix Ricotta, Parmesan, Mozzarella, Sea Salt, Pepper, Italian Seasoning and Eggs in a Bowl. Mix by hand or use a hand mixer.
3. After browning and draining the burger meat, we are ready to start assembling our lasagna. I used a 10" in diameter Corning Ware dish. So let's put 1/2 of our meat into the bottom on the dish. Then layer two deep your thinly sliced zucchini. Try and lay them so that there's no much open space. I layered them in two different directions.
4. Add 1/2 of the Ricotta Cheese Mixture. Spread flat. I also tossed on extra Parmesan.
5. Add 1/2 of the 24 oz Raos Marinara Sauce and Spread Flat. How simple is this?

6. Add another double stack of thinly sliced Zucchini. This is the last of the Zucchini. More than that seems too much.
7. Add the last 12 of Meat and Spread Flat.
8. Add last of that delicious Ricotta Mixture. I also added bit more Parmesan.
9. Add last of Raos Marinara Sauce and Spread Flat. Cook in pre-heated oven at 350F for 1 hour. ***You will add more cheese once it is cooked. When bubbling really good for twenty minutes or so, is a good indicator of doneness.
10. Once done add 1/2 cup to 1 cup of mozzarella and/or parmesan. I ran out halfway through and added a bit of colby jack cheese. Cook another 10 to 15 minutes until cheese is bubbling.