

Nummy No-Noodle Lasagna

Makes: 8 Servings

“Lasagna is delicious, but the noodles do nothing for you, and it can be super greasy. So we created this easy-and-fun-to-make, gluten-free, healthy lasagna packed with flavor,” says Amber. “It uses zucchini as the noodles, and trust me, it tastes so good, we eat the whole pan every time! We serve it with a big green salad, and sometimes a piece of gluten-free toast on the side. Yum!” Adds mom Yohko: “The kids love to assemble the lasagna, and I welcome the quality family time!”

Ingredients

- 3 small zucchinis
- 2 **tablespoons** olive oil
- 1 medium onion, chopped
- 2 **cloves** garlic
- 1 **1/2 pounds** sweet Italian turkey sausage, casings removed
- 1 **can** crushed tomatoes in a tomato purée (28-ounce)
- 1 **can** tomato paste (6-ounce)
- 1 **tablespoon** dried basil
- freshly ground pepper
- 2 **ounces** freshly grated Parmesan (or less)
- 8 **ounces** shredded mozzarella cheese (or less)

Directions

1. Preheat the oven to 400°F.
2. Use a mandoline or knife to cut the zucchini into paper-thin slices. Place the zucchini slices on paper towels and let them dry out at room temperature while you make the sauce.



Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 422 | |
| Total Fat | 28 g | 43% |
| Protein | 13 g | |
| Carbohydrates | 17 g | 6% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 11 g | 55% |
| Sodium | 922 mg | 38% |

MyPlate Food Groups

| | |
|---------------|----------|
| Vegetables | 1 cup |
| Protein Foods | 2 ounces |
| Dairy | 1 cup |

3. In a large sauté pan over moderate heat, warm the oil. Add the onion and sauté, stirring occasionally, until soft, about 5 minutes. Add the garlic and sauté, stirring occasionally, 1 minute.

4. Add the sausage and cook, stirring to break up the meat, until cooked through, 8 to 10 minutes. Add the crushed tomatoes, tomato paste, basil, and pepper and simmer, uncovered, until thickened, about 20 minutes.

5. To assemble, spread about 3/4 cup of the sauce into the bottom of a 9- by 13-inch baking dish. Layer zucchini on the sauce, overlapping it slightly, then sprinkle with some of the Parmesan and mozzarella. Continue to layer the lasagna with the remaining sauce, zucchini, and both cheeses, finishing with sauce and a sprinkle of Parmesan.

6. Bake the lasagna until the sauce is bubbling, about 30 minutes. Broil the lasagna until a crust develops, 1 to 2 minutes. Let cool slightly before serving.

Notes

State: Washington

Child's Name: Amber Kelley, 10