

“No Pasta Zucchini Lasagna”

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Ingredients:

- 8 oz Beef, ground, 98% lean (raw)
- 1 cup Cottage Cheese, 1%
- 1/4 cup Raw Tomatoes
- 1 eggs Eggs, Whole
- 4 oz Cheese, mozzarella, reduced fat
- 2 medium (196 grams) Raw Zucchini, medium
- 1/2 tsp Basil
- 1/2 tsp Oregano, ground
- 1/8 tsp Pepper
- 1/4 tsp Thyme
- 1 fl oz Tomato Paste
- 1/2 tsp Cream of Tartar
- 1/4 cup Water
- 1 clove Garlic, clove
- 1 cup Green Onions

Preparation:

1. Slice zucchini into long thin strips. Cook (use desired method---roast, broil, bake, saute) zucchini until tender and set aside.
2. Fry meat until brown; drain fat.
3. Add tomatoes, basil, oregano, pepper, thyme, tomato paste, garlic (minced), water, and green onions (diced). Bring to a boil.

4. Reduce heat and simmer, uncovered for 10 minutes or until reduced.
5. In small bowl, slightly beat the egg.
4. Add cottage cheese, half of shredded cheese and cream of tartar.
5. In 1 1/2-qt. baking-roasting pan arrange half of the meat mixture. Top with half of the zucchini and all the cottage cheese mixture. Top with remaining meat and zucchini.
6. Bake uncovered at 375 degrees F for 30 minutes.
7. Sprinkle with remaining cheese. Bake 10 minutes longer.
8. Let stand 10 minutes before serving.

Per serving this provides ~ 1 Leaner, 2 Green, and 1 Condiment per person.

this made about 2 servings.