



## **Noodle-less Zucchini Lasagna**

### **Ingredients**

99% lean ground turkey, 1 lb.  
Zucchini, sliced lengthwise, 2 large or 5 small  
White onion, diced 1  
Small eggplant 1  
Green bell pepper, diced 1  
Baby spinach 16 oz.  
Mushrooms, sliced, 8 oz.  
Tomato sauce 1 15-oz. can  
Tomato paste 12 oz.  
Egg whites 2  
Fat-free ricotta cheese 15 oz.  
Fat-free mozzarella cheese, shredded 8 oz.  
Salt 1-1/2 tbsp  
Pepper 1-1/2 tbsp  
Basil 2 tbsp  
Oregano 1 tbsp  
Nutritional yeast 1/4 cup  
Garlic 1 tbsp, minced

### **Directions**

1. Lightly salt zucchini slices and place in a large, microwaveable bowl. Cover with plastic wrap, and make one small slit in the cover. Microwave for 6-8 minutes.
2. Place steamed zucchini in strainer to drain.
3. Prepare eggplant using the same process as zucchini.
4. In a large pot, place ground turkey, salt, and pepper. Cook over medium heat to brown turkey for about 5 minutes.
5. Add minced garlic, green bell pepper, and onion. Allow to sauté; for 5 more minutes.
6. When meat is completely cooked, add tomato sauce, tomato paste, basil, and oregano, and mix well.
7. Once sauce comes to a boil, reduce heat and simmer 20 minutes.

8. In a separate bowl, mix ricotta, egg whites, and parsley until well blended.
9. Lightly grease a 9x13 baking pan. Preheat oven to 350 degrees F.
10. Layer lasagna in the following order: 1/3 meat sauce, 1/3 zucchini slices, 1/2 ricotta mixture, 1/2 eggplant slices, 1/3 meat sauce, all spinach, 1/3 layer zucchini slices, 1/2 ricotta mixture, 1/2 eggplant slices, all mushrooms, remaining meat sauce, 1/2 mozzarella, 1/3 zucchini slices. Top with remaining mozzarella, and sprinkle with nutritional yeast.
11. Cover with aluminum foil, place pan on baking sheet, and bake at 350 degrees F for 45 minutes.
12. Remove foil and cook additional 15 minutes. Remove from oven and allow to cool for at least 10 minutes.
13. Once the lasagna has cooled, slice into 9 squares.

Nutrition facts

Serving size: 1 square

Recipe yields 9 servings

Calories 202

Fat 1.5 g

Carb 20.7 g

Protein 31.2 g