

Zucchini Lasagna

Healthy zucchini lasagna recipe with layers of grilled zucchini, rich meat sauce, and creamy cheese. Perfect low-carb, gluten-free alternative to pasta.

20 min

PREP

40 min

COOK

1h

TOTAL

8

SERVINGS

Medium

DIFFICULTY

Ingredients

- 3 zucchini
- 2 cup ricotta cheese
- 1 egg
- 1 cup parmesan cheese
- 2 cup mozzarella cheese
- 1 lb ground beef
- 1 onion
- 2 clove garlic
- 24 oz marinara sauce
- 1 tsp basil
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare the zucchini

Preheat oven to 375°F (190°C). Wash and slice 3 zucchini lengthwise into ¼-inch thick strips. Arrange slices on paper towels and sprinkle with salt. Let sit for 10 minutes to draw out moisture, then pat completely dry with clean paper towels.

- ### 2
- Heat a grill pan or large skillet over medium heat. Cook zucchini slices for 1-2 minutes per side until slightly tender and lightly browned. Transfer to a plate and set aside.

3 **Make the meat sauce**

Heat oil in a large skillet over medium heat. Add 1 diced onion and cook until soft and translucent, about 5 minutes. Add 2 minced garlic cloves and cook for 1 minute until fragrant.

4 Add 1 lb ground beef and cook, breaking it up with a spoon, until browned and no pink remains, about 8 minutes. Stir in 2 cups marinara sauce, 1 tsp dried basil, 1 tsp oregano, 1 tsp salt, and 1 tsp pepper. Simmer for 10 minutes until thickened slightly.

5 **Prepare the cheese mixture**

In a medium bowl, combine 24 oz ricotta cheese, $\frac{1}{2}$ cup of the parmesan cheese, and 1 beaten egg. Mix until smooth and well combined.

6 **Assemble the lasagna**

Spread a thin layer of meat sauce in the bottom of a 9x13-inch baking dish. Arrange half the grilled zucchini slices over the sauce, slightly overlapping.

7 Spread half the ricotta mixture over the zucchini layer. Sprinkle with $\frac{1}{3}$ of the remaining mozzarella cheese. Add half the remaining meat sauce.

8 Layer remaining zucchini slices, then spread remaining ricotta mixture on top. Sprinkle with another $\frac{1}{3}$ of the mozzarella cheese.

9 Top with remaining meat sauce, final $\frac{1}{3}$ of mozzarella cheese, and remaining parmesan cheese.

10 **Bake and serve**

Cover tightly with aluminum foil and bake for 30 minutes. Remove foil and bake uncovered for 10-15 minutes until cheese is bubbly and golden brown on top.

11 Let lasagna rest for 10-15 minutes before cutting to allow layers to set. Cut into 8 squares and serve hot.

Tips

Use a mandoline slicer to ensure uniform zucchini slices that cook evenly and layer properly in your lasagna.

Always salt zucchini slices and let them drain for at least 10 minutes, then pat completely dry to prevent a watery finished dish.

Pre-cook zucchini slices on a grill pan or skillet for 1-2 minutes per side to remove excess moisture and add flavor.

Let the assembled lasagna rest for 10-15 minutes after baking to allow the layers to set for easier cutting and serving.

Use whole milk ricotta cheese for the creamiest texture and richest flavor in your cheese layer.

Cover with foil during the first 30 minutes of baking to prevent over-browning, then remove foil for the final 10 minutes to achieve a golden top.

Make extra and freeze individual portions for quick, healthy meals throughout the week.

Season each layer with salt and pepper to ensure every bite is well-flavored and delicious.