Easy Zucchini Lasagna

This lasagna is a delicious summer version of a popular comfort food that made its debut in Italy during the Middle Ages. Zucchini, also called "green Italian squash," is a highly anticipated spring vegetable in Italy, where it has been incorporated into numerous recipes.

Makes: 6 servings    Prep time: 20 minutes    Cook time: 1 hour

INGREDIENTS

2½ ounces mozzarella cheese, low-fat, shredded  
(2½ oz equals ½ cup plus 2 tablespoons)

1 cup cottage cheese, fat-free

3 tablespoons tomato paste, canned, low-sodium

1 cup tomato sauce, canned

1 teaspoon oregano, dried

1 teaspoon basil, dried

2⅜ ounces onions, fresh, peeled, ¼" diced  
(½ cup plus 1 tablespoon)

2 cloves garlic, fresh, minced  
(1 clove is about ½ teaspoon minced)

¼ teaspoon black pepper, ground

1½ cups zucchini, fresh, unpeeled, thinly sliced

3⅓/4 ounces lasagna noodles, enriched, oven ready  
(6 sheets)

1 tablespoon Parmesan cheese, fresh, shredded

Nonstick cooking spray

DIRECTIONS

1. Preheat oven to 350 °F.

2. Reserve ⅓ cup of mozzarella cheese, and set aside for later use.

3. Make cheesy tomato sauce: combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a small bowl.

4. Divide zucchini evenly into two parts, about ¾ cup.

5. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.

6. Assembly: 
   First layer. Spread ¾ cup of cheesy tomato sauce evenly on the bottom of each steam table pan. Cover sauce with 3 sheets of oven-ready lasagna noodles. Then, cover noodles with ¾ cup of zucchini slices.
   Second layer. Repeat first layer.
   Third layer. Top layers 1 and 2 with the remaining cheesy tomato sauce (about ¾ cup), and then finish by sprinkling on the reserved shredded mozzarella cheese (⅓ cup) and the Parmesan cheese (1 Tbsp).

7. Cover tightly with foil, and bake until zucchini is tender, about 30 minutes.

8. Remove from oven.

9. Remove foil, and bake uncovered until cheese starts to brown slightly, approximately 15 minutes. Heat to 140 °F for at least 15 seconds.

10. Let lasagna stand 10 minutes before serving.

11. Cut into 6 even pieces, Serve 1 piece.

Critical Control Point: Hold at 140 °F or higher.
For 1 piece (2" x 3¾").

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>171</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>14 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>434 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>24 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>5 g</td>
</tr>
<tr>
<td>Added Sugars included</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>11 g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>N/A</td>
</tr>
<tr>
<td>Calcium</td>
<td>68 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>N/A</td>
</tr>
</tbody>
</table>

N/A=data not available.

Source: Team Nutrition CACFP Multicultural Recipe Project.

https://teamnutrition.usda.gov

1 piece provides 1 oz equivalent meat alternate, ½ cup vegetable, and ½ oz equivalent grains.