

## Zucchini Lasagna Gluten Free!

- 1 lb 93% lean ground turkey
- 1 teaspoon salt
- 1 tsp olive oil
- 1/2 large onion, chopped
- 2 cloves garlic, minced
- 1 (14.5 oz can) diced tomatoes
- 2 tbsp basil
- black pepper, to taste
- 3 medium (8 ounces each) zucchini, sliced 1/8" thick
- 1 1/2 cups part-skim ricotta
- 1/4 cup Parmigiano Reggiano
- 1 large egg
- 8 oz (2 cups) shredded part-skim mozzarella cheese

### DIRECTIONS:

1. Slice zucchini into 1/8" thick slices, add lightly salt and set aside for 10 minutes. Zucchini has a lot of water when cooked, salting it takes out a lot of moisture. After 10 minutes, blot excess moisture with a paper towel.
2. In a medium sauce pan, brown meat and season with salt and Italian seasoning. When cooked drain in colander to remove any fat. Leave in colander while you saute the garlic and onion.
3. Add olive oil to the pan and saute garlic and onions about 2 minutes. Return the meat to the pan, add tomatoes (I usually drain my tomatoes, but if you want it to be saucier don't drain them), basil, salt and pepper. Simmer on low while you blot the zucchini
4. You can forego this step if you'd like and it won't hurt the recipe: grill the zucchini slices for about two minutes.
5. Preheat oven to 375°.
6. In a medium bowl mix ricotta cheese, parmesan cheese and egg. Stir well.
7. In a 8x10 casserole spread 1/2 cup of sauce on the bottom and layer the zucchini to cover. Spread 1/2 cup of the ricotta cheese mixture, then top with 1

cup of the mozzarella cheese and repeat the process until all your ingredients are used up. The last layer top with remaining zucchini and sauce, cover with foil and bake 30 minutes. Uncover the foil and bake 20 minutes (to dry up the sauce) then place the remaining 1 cup mozzarella and bake until melted, 10 minutes.

8. Let stand about 5 - 10 minutes before serving.