



Zucchini Lasagna

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 2 medium zucchinis, thinly sliced lengthwise
- ½ Tablespoon extra virgin olive oil
- 1 clove garlic, minced
- ½ red onion, diced
- 1 (14 ounce) can no salt added diced tomatoes
- 5 basil leaves, chopped
- Freshly ground black pepper, to taste
- 3 cups spinach
- ½ cup low sodium mozzarella cheese, grated and divided
- ¼ cup low sodium parmesan cheese, grated
- 1 egg

DIRECTIONS

1. Preheat the oven to 375°F.
2. Heat oil in a nonstick skillet over medium heat. Add the garlic and onion, cooking for about 3 minutes. Add the tomato and stir.
3. Increase heat to medium-high and bring to a boil. Then simmer for 5 minutes and add basil and pepper. Boil mixture until thickened.
4. In a separate skillet, turn heat to medium and add a little water to the skillet. Add spinach and toss until wilted.
5. Combine ¼ cup mozzarella, parmesan, and egg in a large bowl and season with pepper.
6. In a baking dish, pour enough sauce to cover the bottom. Then layer zucchini strips, followed by cheese, then sauce. Continue to layer in this order until ingredients run out.
7. Top with remaining cheese and bake for 45-50 minutes.
8. Cool for 5 minutes before serving.

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 4g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 240mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 175mg	15%
Iron 2mg	10%
Potassium 208mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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