



# ZUCCHINI LASAGNA

SERVES 2 OR 4

TIME: 50 MIN

CALORIES: 500/SERVING



This hearty dish has layers of vegan meaty sauce, creamy tofu ricotta, and fresh zucchini. This lasagna replaces noodles with thinly sliced zucchini so if you're looking for a low-carb comfort meal, this one is perfect for you.

## WHAT YOU'LL NEED

- Large oven-safe skillet
- OR
- Large pan and oven-safe dish
- Clean kitchen towel
- Oil
- Salt
- Pepper



### WHAT'S INSIDE

2 servings 4 servings

Zucchini	1	2
Onion	1	2
Garlic	3 cloves	6 cloves
Veggie ground	1 cup	2 cups
Creamy tomato sauce	1.5 cups	3 cups
Tofu ricotta	1 cup	2 cups
Breadcrumbs	1/4 cup	1/2 cup
Vegan mozzarella	1/2 cup	1 cup

### Nutrition Facts Valeur nutritive

Per Serving (494 g)  
pour 1 (494 g)

Calories 500	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b> 25 g	33 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 38 g	
Fibre / Fibres 10 g	36 %
Sugars / Sucres 10 g	10 %
<b>Protein / Protéines</b> 39 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0 %
<b>Sodium</b> 1570 mg	68 %
<b>Potassium</b> 900 mg	19 %
<b>Calcium</b> 1150 mg	88 %
<b>Iron / Fer</b> 5 mg	28 %

\*5% or less is a little 15% or more is a lot  
\*5% ou moins c'est peu 15% ou plus c'est beaucoup

## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat oven to 400°F then prep ingredients: thinly slice **zucchini** into large discs or strips, dice the **onion**, and mince the **garlic**.



Lay **zucchini slices** on a clean kitchen towel and season with **salt**. Let rest for 5 minutes to draw out any moisture.



Heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large oven-safe skillet or pan over medium heat. Add **onions, veggie ground, and garlic**. Cook, stirring often, until **veggie ground** begins to brown and garlic is fragrant.



Pour **tomato sauce** into the pan and stir to combine. Simmer for 2 minutes then shut off the heat and transfer the **sauce** to a large bowl. If your skillet is oven-safe, leave a layer of **sauce** at the bottom of the skillet. If not, scoop all the **sauce** out of the pan, then put a layer of **sauce** at the bottom of your oven-safe dish.



Place a layer of **zucchini slices** followed by a layer of **tofu ricotta** then a generous layer of the **sauce**. Repeat, making at least 6 layers total. Repeat again if there are remaining ingredients.



Sprinkle **mozzarella shreds** then **breadcrumbs** on top of the final layer. Bake for 25-30 minutes until golden brown and bubbly. Optional: broil on low for 3 minutes at the end to add more colour to the top cheesy layer.