

Keto Lasagna

By Chef Amanda DeLaura



Keto lasagna? With zucchini “noodles”? Yes! Why miss out on the fun when you can still eat *delicious* food and avoid gluten and grains? Just be careful to avoid cutting your fingers on the mandolin. *Not a task for your kids, so sorry...* Can you get creative with the filling? Absolutely, be my guest! Make your’s personalized — add shredded carrots, minced spinach, black beans or even pumpkin puree. Comment below with any questions, suggestions, or feedback. Bon appétit!

Serves 6

Ingredients:

2 medium to large zucchinis, sliced into long strips 1/8” thick
1/2 red onion, *diced*
2 cloves garlic, *minced*
2 handful mushrooms, *sliced*
1 lb ground buffalo meat
16 oz marinara, (I use Rao’s)
Splash red wine, *optional*
1 tsp oregano, *fresh or dried*

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1 tsp basil, *fresh or dried*
1 ball fresh mozzarella, *sliced*
1/2 tsp chili flakes, *optional*
1 cup cup pecorino, *grated* (or more as desired)
1 cup ricotta (or more as desired)

Directions:

1. Rinse and dry zucchini. Using a mandolin, slice the zucchini longwise into 1/8" thick strips/ "noodles". Be careful to watch your fingers. Lay zucchini noodles onto a large surface of paper towels. Sprinkle salt over zucchini and let sweat for 5 to 15 minutes.
2. Meanwhile, heat 2 to 3 Tbsp olive oil in a large skillet over medium-high heat. Add the onion and garlic and cook till translucent. Add the mushrooms and lightly salt the mixture. Cook till softened and then add the buffalo meat, mixing frequently to break down the meat as it cooks. Once cooked, drain any excess fats from the pan and add the sauce, wine, herbs and chili flakes, if desired. Season with salt and pepper. Taste and adjust as needed. Bring to a boil and then let simmer for 15 minutes.
3. To assemble the lasagna: pat the zucchini noodles dry to remove all excess liquid. Pour 2 to 3 spoonfuls of sauce on the bottom of your pan (an 8x8" deep dish or 9x13" pyrex). Build one layer of zucchini noodles and add another 2 to 3 spoonfuls of sauce. Sprinkle with pecorino and dollop ricotta throughout, about 6 to 8 small spoonfuls per layer. Add another layer of zucchini noodles and repeat three to four times. On the last layer, sprinkle pecorino and instead of using ricotta, place the mozzarella slices across the top, as desired. Garnish with additional oregano and/or chili flakes and bake at 350°F for 40 to 45 minutes in the middle of the oven. After 40 or so minutes, place the lasagna on the top shelf of the oven and bake at a broil for 3, carefully watching the top of the lasagna so that you don't burn the cheese.
4. Remove from oven and let cool for 15 minutes. Slice, plate and enjoy.

