

Zucchini Lasagna*

"I have loved to cook for years and have been applying my skills to my new healthy lifestyle. I adapted this from two other recipes and then made changes to make it bariatric friendly. It's super tasty, easy to make, saves well in refrigerator for several meals, and goes down easily. "- Jana Duplantis

Serves: 4

Serving Size: 1 piece

2 large or 4 medium zucchini or yellow summer squash
 Pepper to taste
 ¼ medium onion, finely diced
 1 clove garlic, minced
 3 cups spinach, stems removed
 1 cup low fat ricotta cheese
 ⅓ cup chopped fresh basil leaves
 1½ cups marinara sauce**
 2 tbsp grated Parmesan cheese
 Nonstick cooking spray



Directions:

1. Preheat the oven to 350°F. Spray an 8 x 8 baking dish with nonstick cooking spray.
2. Thinly slice the zucchini lengthways using a mandolin or knife. The slices should be relatively thin (approximately 5mm or less than ¼ inch), but thick enough that they won't disintegrate when cooked.
3. Place on a microwaveable plate and cook on high for 3 minutes to tenderize and release water. Drain liquid. Place ½ of the zucchini strips in a single layer in the prepared baking dish and season with pepper.
4. Spray a small nonstick sauté pan with nonstick cooking spray. Add the onion and garlic, and cook over medium heat until the onion is soft. Add the spinach and cook until partly wilted.
5. Spread spinach mixture atop zucchini layer in baking dish. Top with remaining layer of zucchini and season with pepper.
6. Place the ricotta in a small bowl along with the basil. Mix to combine. Spread ricotta atop the zucchini layer. Don't worry about making smooth.
7. Spread marinara sauce over the ricotta layer and top with parmesan cheese. Bake for 25-30 minutes, or until the cheese is golden and zucchini is tender.

Per serving: 160 calories, 13g protein, 6g fat (3 g saturated), 25mg cholesterol, 18g carbohydrate, 4g fiber, 12g sugar, 660mg sodium

% Daily Value: Vitamin A 40%, Vitamin C 70%, Calcium 25%, Iron 10%

*This recipe was submitted by one of our patients. It is suitable for the soft food and regular food stage of the diet progression.

**Jana recommends using Cucina Antica marinara sauce.