



## Keto Zucchini Lasagna

**Active Time:** 35 minutes | **Total Time:** 1.5 hours | **Serves:** 8

### Nutrition Information Per Serving

440.4 calories, 8.08 g carbohydrate, 1.4 g fiber, 6.68 g NET carbs, 30.62 g protein, 31.73 g fat

#### Ingredients

- 1 1/2 cup(s) Thrive Market Organic Marinara Tomato Sauce
- 2 tsp(s) Simply Organic Italian Seasoning
- 2 medium(s) organic zucchini
- 1 pound grass-fed beef
- 1 large organic egg
- 2 clove(s) garlic, minced
- 15 ounce(s) whole organic ricotta cheese
- 8 ounce(s) organic mozzarella cheese, shredded
- 4 ounce(s) Parmesan cheese
- 1/2 medium(s) onion, diced
- 4 Tbsp(s) avocado oil
- 2 Tbsp(s) Italian flatleaf parsley, chopped

#### Preparation

1. Preheat oven to 325 F. Grease a 9 x 13 baking dish.
2. Slice zucchini lengthwise into thin strips. Place in a colander and sprinkle with salt.
3. In a large skillet, add the avocado oil and heat over medium heat. Add the onion and garlic cook, stirring 2 minutes. Add the ground beef and cook, stirring until meat is no longer pink.
4. Stir in tomato sauce and herbs. Add a little water if sauce is thick. Simmer sauce for 15 minutes, stirring.
5. Meanwhile, in a medium bowl, whisk together the ricotta, egg and parsley.
6. To assemble the lasagna, spread 1/3 of the meat sauce into prepared pan. Then layer zucchini slices, ricotta mixture and mozzarella. Repeat.
7. Spread Parmesan cheese over the top and cover with foil or a glass lid.
8. Transfer to oven and bake for 45 minutes. Remove foil or lid, increase heat to 375 F&nbsp;&and bake an additional 10-15 minutes to golden.
9. Let stand for 5 minutes, then slice and serve.

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