



Easy Zucchini Lasagna

This lasagna is a delicious summer version of a popular comfort food that made its debut in Italy during the Middle Ages. Zucchini, also called “green Italian squash,” is a highly anticipated spring vegetable in Italy, where it has been incorporated into numerous recipes.

Makes: 6 servings

Prep time: 20 minutes

Cook time: 1 hour

the INGREDIENTS

- 2½ ounces** mozzarella cheese, low-fat, shredded (2½ oz equals ½ cup plus 2 tablespoons)
- 1 cup** cottage cheese, fat-free
- 3 tablespoons** tomato paste, canned, low-sodium
- 1 cup** tomato sauce, canned
- 1 teaspoon** oregano, dried
- 1 teaspoon** basil, dried
- 2⁵/₈ ounces** onions, fresh, peeled, ¼" diced (½ cup plus 1 tablespoon)
- 2 cloves** garlic, fresh, minced (1 clove is about ½ teaspoon minced)
- ¼ teaspoon** black pepper, ground
- 1½ cups** zucchini, fresh, unpeeled, thinly sliced
- 3²/₃ ounces** lasagna noodles, enriched, oven ready (6 sheets)
- 1 tablespoon** Parmesan cheese, fresh, shredded
- Nonstick cooking spray

the DIRECTIONS

1. Preheat oven to 350 °F.
2. Reserve ⅓ cup of mozzarella cheese, and set aside for later use.
3. Make cheesy tomato sauce: combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a small bowl.
4. Divide zucchini evenly into two parts, about ¾ cup.
5. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Assembly:
First layer. Spread ¾ cup of cheesy tomato sauce evenly on the bottom of each steam table pan. Cover sauce with 3 sheets of oven-ready lasagna noodles. Then, cover noodles with ¾ cup of zucchini slices.
Second layer. Repeat first layer.
Third layer. Top layers 1 and 2 with the remaining cheesy tomato sauce (about ¾ cup), and then finish by sprinkling on the reserved shredded mozzarella cheese (⅓ cup) and the Parmesan cheese (1 Tbsp).
7. Cover tightly with foil, and bake until zucchini is tender, about 30 minutes.
8. Remove from oven.
9. Remove foil, and bake uncovered until cheese starts to brown slightly, approximately 15 minutes. Heat to 140 °F for at least 15 seconds.
10. Let lasagna stand 10 minutes before serving.
11. Cut into 6 even pieces, Serve 1 piece.

Critical Control Point: Hold at 140 °F or higher.

the

NUTRITION INFORMATION

For 1 piece (2" x 3¾").

Nutrients	Amount
Calories	171
Total Fat	4 g
Saturated Fat	3 g
Cholesterol	14 mg
Sodium	434 mg
Total Carbohydrate	24 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	N/A
Calcium	68 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

the

CACFP CREDITING INFORMATION

1 piece provides 1 oz equivalent meat alternate, ½ cup vegetable, and ½ oz equivalent grains.