

Deconstructed Vegetable Lasagna

Nutritional Highlights

- This vegetable lasagna is packed full of fiber, vitamins, and minerals from the great variety of veggies

Servings: 4

Ingredients

- 1 medium zucchini
- 1/4 tsp salt
- 1 c chopped yellow onion
- 1 Tbsp finely chopped garlic
- 1/2 lb ground turkey
- 16 oz sliced cremini mushrooms
- 1 Tbsp unsalted tomato paste
- 1 (28 oz) can unsalted diced fire roasted tomatoes, undrained
- 1 tsp freshly ground black pepper
- 4 oz part-skim ricotta cheese (about 1/2 c)
- 3 oz shredded mozzarella cheese (about 3/4 c)
- 1/4 c loosely packed fresh basil
- red pepper flakes to taste

Directions

- Using a vegetable peeler, shave zucchini into long, even strips. Toss with 1/4 tsp salt in a colander. Let stand until ready to use.
- Heat oil in a dutch oven over medium high heat. Add onion and cook until tender, about 5 minutes. Add the garlic and cook another 3 minutes.
- Add the ground turkey and break it up into small chunks. Cook, stirring frequently, until browned. Mix in the tomato paste.
- Stir in the tomatoes and pepper and bring to a simmer, stirring often.
- Reduce heat to medium-low and simmer, stirring occasionally, until slightly reduced, about 6 minutes. Stir in spinach; cover and cook until spinach wilts, about 3 minutes.
- Gently stir in zucchini strips.
- Stir together ricotta and mozzarella in a bowl and dot zucchini mixture with cheese mixture. Cook 2-3 minutes until cheese starts to melt. Sprinkle with basil and serve.

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