

Zucchini Lasagna Recipe (Not Watery)

The best zucchini lasagna recipe is hearty, healthy and delicious. It's gluten-free, low-carb and keto-friendly. **Watch the video above to see how to make it!**

PREP TIME: 30 mins COOK TIME: 50 mins

TOTAL TIME: 1 hr 20 mins

COURSE: Main Course

CUISINE: American, Italian



4.95 from 118 votes

KEYWORD: Zucchini Lasagna, Zucchini Lasagna Recipe SERVINGS: 12 servings

CALORIES: 362kcal AUTHOR: Lisa Bryan

Ingredients

- 4 large zucchini
- 2 pounds ground beef
- 24 ounces pasta sauce
- 15 oz ricotta cheese
- 1 cup shredded parmesan reggiano
- 1 1/2 cups mozzarella
- 1 egg
- salt and pepper
- small handful fresh parsley and basil chopped

Instructions

1. Preheat the oven to 400 degrees fahrenheit (200 degrees celsius).
2. Slice the zucchini lengthwise into thin slices, as thin or thick as you'd like. Set aside.
3. Add the ground beef to a large pan over medium high heat. Finely break down the ground beef with a spatula and pan fry it until browned and no longer pink.
4. Pour the pasta sauce on top of the ground beef (remember to reserve 1/2 cup) and stir together, then remove from heat.
5. In a medium bowl, make the ricotta mix by stirring together the ricotta cheese, parmesan, egg, salt and pepper.
6. Spread 1/2 cup of pasta sauce onto the bottom of your 9x13-inch casserole dish.
7. Add your zucchini slices on top of the pasta sauce. They can overlap or you can place them side-by-side.
8. Top the zucchini with 1/2 of the bolognese sauce, and evenly spread 1/2 the ricotta mix on top of that.

9. Add 1/2 cup of grated mozzarella on top of the ricotta, along with a sprinkle of chopped parsley and basil.
10. Repeat these layers one more time.
11. Top the lasagna with a final layer of zucchini slices, a sprinkle of chopped parsley and basil, and 1/2 cup mozzarella cheese.
12. Place the lasagna in the oven and cook for 40-45 minutes. Broil for a couple of minutes to get a nice golden top.
13. Garnish with whole basil leaves and serve.

Notes

- I used store-bought pasta sauce (I love Rao's) but if you'd like to make your bolognese from scratch, you can follow my bolognese recipe.
- This is the mandoline I love...and don't forget to use cut resistant gloves as well. Your fingers will thank you!
- The casserole dish is 9x13 for those looking for exact measurements.

Nutrition

Calories: 362kcal | Carbohydrates: 7g | Protein: 25g | Fat: 26g | Saturated Fat: 12g | Cholesterol: 104mg | Sodium: 603mg | Potassium: 626mg | Fiber: 2g | Sugar: 4g | Vitamin A: 720IU | Vitamin C: 16mg | Calcium: 270mg | Iron: 3mg