

Zucchini Lasagna

Ingredients:

2 ½ cups zucchini, sliced ¼ inch thick (about 2 medium)
½ lb lean beef, ground
¼ cup onions, chopped
2 small tomatoes cut up
1 6 ounce can tomato paste
1 clove of garlic, minced
½ teaspoon dried oregano
1/2 teaspoon dried basil
¼ teaspoon dried thyme
¼ cup water
1/8 teaspoon pepper
1 egg
¾ cup low fat cottage cheese
½ cup mozzarella cheese, shredded
1 teaspoon flour



Directions:

- Cook zucchini until tender, drain and set aside. Fry meat and onions until meat is brown and onions are tender; drain fat. Add next 8 ingredients and bring to a boil.
- Reduce heat; simmer, uncovered 10 minutes or until reduced to 2 cups.
- In small bowl slightly beat egg.
- Add cottage cheese, half of shredded cheese and flour.
- In (1 1/2-qt.) baking-roasting pan arrange half of the meat mixture. Top with half of the zucchini and all the cottage cheese mixture. Top with remaining meat and zucchini.
- Bake uncovered at 375 degrees F for 30 minutes.
- Sprinkle with remaining cheese. Bake 10 minutes longer.
- Let stand 10 minutes before serving.