

Vegetable Lasagna

Ingredients:

- 1 pound ground sausage (or you can use beef, chicken, turkey or pork)
- 3 large carrots, diced
- splash of olive oil
- 1 clove garlic - minced or finely chopped
- 2 large zucchini
- 2 cans of organic roasted tomatoes or 1 lb of fresh tomatoes (see side recipe)
- Mozzarella cheese (as much or little as you like)
- handful of spinach leaves (If you've got them.)



Directions:

1. Preheat oven to 350 degrees.
 2. Peel and slice (lengthwise) your zucchini. Place on a baking sheet covered in parchment paper or tin foil and place in the oven at 350 degrees F for 10 minutes. This helps to dry them out a bit.
 3. While your zucchini is baking, place your sausage and carrots in a large skillet with a little olive oil over med-high heat. Cook until sausage is browned and carrots are a little soft.
 4. By this time your zucchini should be done and you can start layering the pan. First add a little olive oil to coat the bottom and sides to ensure nothing sticks. Then place 1/2 your zucchini noodles on the bottom of your 8x8 baking dish.
 5. Add 1/2 your meat and veggie mixture then one can of drained fire-roasted tomatoes. Make sure you drain them so they are not extra liquid. Spread around the tomatoes, then add a layer of spinach if you've got it. (You can also add a layer of cheese on top of the spinach if you want extra cheese, but I just add it to the top)
- Then add a layer of the zucchini, then the meat and veggies (should be the rest of both), then top with the other 1/2 of the tomatoes, (optional- spinach leaves) and cheese on top. Bake at 450 degrees F for about 15-20 minutes, or until cheese is browned and zucchini noodles are cooked through. Let sit for 10 minutes before cutting and serving

Fresh Tomato Recipe

While the Zucchini slices & sausage and carrots are cooking, prepare the tomatoes.

1. In a skillet with a splash of olive oil, sauté diced tomatoes until soft.
2. Drain excess liquid.
3. Sprinkle with herbs and spices.