

Zucchini Lasagne

Shopping List:

Produce

- ☐ 1 small onion
- ☐ 2 medium zucchini
- ☐ 2 tablespoons chopped fresh oregano
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Protein

- ☐ 12 ounces ground turkey, preferably dark meat

Dairy

- ☐ 1 cup part-skim ricotta cheese

Pantry

- ☐ 1 can (28 ounces) whole peeled plum tomatoes, with juice
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1 tablespoon extra-virgin olive oil
- ☐ 1 teaspoon coarse salt
- ☐ ¼ teaspoon red-pepper flakes
- ☐ Freshly ground pepper