

ZUCCHINI-RIBBON “LASAGNA”

Serves 6

Strips of zucchini stand in for lasagna noodles, adding texture and flavor.

FOR THE SAUCE (MAKES 3 CUPS)

1 can (28 ounces) whole peeled plum tomatoes, with juice
2 tablespoons extra-virgin olive oil
1 small onion (finely chopped, 1 cup)
¼ teaspoon red-pepper flakes
12 ounces ground turkey, preferably dark meat
2 tablespoons chopped fresh oregano
1 teaspoon coarse salt

FOR THE LASAGNA

2 medium zucchini, trimmed
1 cup part-skim ricotta cheese
1 tablespoon extra-virgin olive oil
Freshly ground pepper
Fresh oregano

1. Make the sauce:

Pulse tomatoes with juice in a food processor until finely chopped. Heat oil in a large straight-sided skillet over medium heat. Cook onion and red-pepper flakes, stirring occasionally, until onion is reduced, about 8 minutes. Add turkey; cook, breaking up any large pieces, until browned, 3 to 4 minutes. Add tomatoes; bring to a boil. Reduce heat; simmer until thick, about 20 minutes. Stir in oregano and salt. Let cool.

2. Make the lasagna:

Preheat oven to 375°F. Slice zucchini lengthwise into thin strips (about ⅛ inch thick) using a mandoline or sharp knife. Place ½ cup zucchini slices, overlapping slightly, in the bottom of an 8-inch square baking dish. Top with 1 cup sauce. Dot with ¼ cup ricotta. Repeat twice with zucchini, remaining sauce, and ½ cup ricotta, alternating direction of zucchini. Top with remaining zucchini, alternating direction; brush with oil. Dot with remaining ¼ cup ricotta. Season with pepper.

3. Bake:

Uncovered, until lasagna bubbles and top browns, 50 to 60 minutes. Let stand for 10 minutes. Garnish with oregano.

Per Serving:

155 calories | 3 g saturated fat | 5 g unsaturated fat | 38 mg cholesterol | 7 g carbohydrate | 498 mg sodium | 11 g protein | 1 g fiber