

# *Zucchini and Squash Lasagna*

Classic lasagna with a carb-conscious spin. We're using zucchini and squash in place of noodles, layered between a classic Italian marinara and plenty of mozzarella, Parmesan, basil and ricotta. It's a family-friendly dinner that's on the table with just ten minutes of hands-on cooking.

**40** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super-Easy*

## *Getting Organized*

### EQUIPMENT

Large Casserole Dish

### FROM YOUR PANTRY

Olive Oil

### 4 MEEZ CONTAINERS

Zucchini & Squash

Italian Cheese & Basil

Tomato Sauce

Seasoned Onions

## *Make the Meal Your Own*

Want to get a jump on dinner? Bake the lasagna for 20 minutes ahead of time, then put it in the oven for a final 10 to 15 minutes when you're ready to eat.

### **Family favorite!**

## *Good to Know*

**Health snapshot per serving** – 640 Calories, 54g Protein, 34g Fat, 17 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Zucchini, Squash, Tomatoes, Mozzarella, Parmesan, Onions, Red Peppers, Garlic, Basil, Ricotta, Oregano, Vegetable Broth, Black Pepper

*meez* meals

### 1. Getting Organized

Preheat oven to 400 degrees.

### 2. Layer the Lasagna

Lightly brush an oven-safe casserole dish with olive oil or cooking spray.

In a large mixing bowl, combine the **Tomato Sauce** and **Seasoned Onions**.

Layer half of the **Zucchini & Squash** into your casserole dish, spreading out as evenly as possible. Sprinkle one-third of the **Italian Cheese & Basil** on top.

Pour half of the tomato sauce mix on top of the cheese & basil.

Next, layer the remaining zucchini & squash, followed by half of the remaining cheese & basil.

Lastly, spread the remaining tomato sauce and top with the rest of the cheese.

### 3. Bake and Serve

Bake until the cheese is brown and bubbly, 25 to 35 minutes. Let rest for 5 to 7 minutes. Serve and enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**