

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.

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