



ZUCCHINI NOODLE LASAGNA

SERVES: 6 Prep Time: 15 min. Cooking Time: 51 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ ½ 3

- 2 Tbsp. + 1 tsp.** olive oil, *divided use*
- 5 cups** peeled, ½-inch cubed eggplant (approx. 1 large eggplant)
- ½ tsp.** sea salt (or Himalayan salt), *divided use*
- ¼ tsp.** ground black pepper
- 2 cups** **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**)
- 2** large zucchini, ends removed, cut lengthwise in ⅛-inch strips
- 2 cups** part-skim ricotta cheese, *divided use*
- ¾ cup** shredded part-skim mozzarella cheese

1. Preheat oven to 375° F.
2. Grease bottom of an 8 x 8-inch casserole dish with 1 tsp. oil. Set aside.
3. Heat *remaining 2 Tbsp.* oil in large skillet over medium-high heat.
4. Add eggplant. Season with ¼ tsp. salt and ¼ tsp. pepper; cook, stirring frequently, for 3 to 5 minutes, or until eggplant has begun to brown.
5. Add marinara; cook, stirring frequently, for 3 to 5 minutes, or until eggplant has begun to soften slightly. Remove from heat. Set aside.
6. Place 5 or 6 zucchini slices, overlapping slightly, into bottom of casserole dish. Top evenly with 1 cup ricotta cheese, 1 dash salt, and 1½ cups eggplant mixture. Top with a second layer of zucchini slices (running crosswise, in the opposite direction of the first layer), then *remaining 1 cup* ricotta, *remaining dash salt*, and 1½ cups eggplant mixture.
7. Add a third layer of zucchini. Sprinkle with mozzarella cheese. Bake for 30 to 40 minutes, turning once halfway through, or until lasagna is bubbling and mozzarella cheese is golden brown.
8. Allow to cool and set for 10 to 12 minutes. Cut into 6 pieces and enjoy!

TIP:

This delicious lasagna can be made ahead and kept in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION (per serving): Calories: 325 Total Fat: 18 g Saturated Fat: 7 g Cholesterol: 33 mg Sodium: 503 mg Carbohydrates: 24 g Fiber: 6 g Sugars: 13 g Protein: 16 g

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

FIXATE MARINARA^o



SERVES: 8 (2 Tbsp. each) **Prep Time: 10 min.** **Cooking Time: 16 min.**

CONTAINER EQUIVALENTS (per serving): ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½

This flavorful sauce accompanies the Cheesy Cauliflower Bread Sticks, but is just as wonderful with your favorite sautéed veggies, quinoa pasta, or any meatball recipe!

- 1 (14.5-oz.) can** **canned whole peeled tomatoes**
- 2 tsp.** **olive oil**
- ½ cup** **chopped onion**
(approx. ½ medium)
- 2 cloves** **garlic, finely chopped**
- 2 Tbsp.** **dry white wine**
(like pinot grigio)
- ¼ tsp.** **sea salt (or Himalayan salt)**
- 4** **fresh basil leaves,**
finely chopped

- 1.** Place tomatoes in a medium bowl; crush by hand (or pulse in a food processor or blender) to achieve slightly chunky consistency. Set aside.
- 2.** Heat oil in medium nonstick skillet over medium-high heat.
- 3.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 4.** Add garlic; cook, stirring frequently, for 1 minute.
- 5.** Add wine; cook over medium heat, stirring frequently, for 1 to 2 minutes, or until almost all the liquid has evaporated.
- 6.** Add tomatoes and salt. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 8 minutes, or until sauce has thickened slightly. Remove from heat.
- 7.** Add basil; mix well. Cool to room temperature before serving. Set aside.

RECIPE NOTE:

- For a smoother marinara sauce, place in a food processor (or blender) and pulse until it reaches desired consistency.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories: 33** **Total Fat: 1 g** **Saturated Fat: 0 g** **Cholesterol: 0 mg** **Sodium: 84 mg** **Carbohydrates: 4 g** **Fiber: 1 g** **Sugars: 3 g** **Protein: 1 g**

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.