

Zucchini Noodle-Less Lasagna with Oven Roasted Potatoes & Cilantro Basil Dip

Serves 6

Zucchini Noodle-Less Lasagna

4 medium zucchini	16 ounces cottage cheese
1 cup portabello mushrooms, sliced	1 egg
1 medium onion, chopped	1 egg yolk
2 cloves garlic, minced	½ cup Parmesan, shredded
1 cup light sour cream	1 cup mozzarella, shredded
24 ounces marinara sauce	2 TBS fresh basil, chopped

Slice zucchini into strips 1/8" thick. Using a mandolin will give the zucchini a consistent thickness, but they can certainly be cut by hand.

Set a drying rack over a cookie sheet or propped over the sink. Lay zucchini out on rack in one layer, salt, flip and salt again. Leave to sweat for 30 minutes, and then pat dry with a paper towel.

While zucchini is sweating, brown mushrooms. Season mushrooms when they hit the pan. Make sure not to crowd them or they will steam and not brown. As they shrink, add onion and cook until tender. Make sure to season onion as it goes into the pan. Add garlic and cook until fragrant. Remove from heat and stir in sour cream.

Stir cottage cheese, egg and egg yolk until mixed.

Preheat oven to 350 degrees. Spread 1/3 marinara sauce on the bottom of 11x9 casserole dish. Put one layer of zucchini in the bottom of the dish. Spread 1/3 the cottage cheese mixture over the zucchini. Sprinkle 1/3 of the mozzarella over the cottage cheese. Spread the sour cream vegetable mixture over.

Repeat with 1/3 sauce, 1 layer of zucchini, 1/3 cottage cheese, 1/3 mozzarella.

Repeat with 1/3 sauce, 1 layer of zucchini, 1/3 cottage cheese, 1/3 mozzarella and ½ cup Parmesan cheese. Top with fresh basil and bake for 50 minutes.

Remove from oven and allow to rest for 45 minutes. To serve, cut squares with a sharp knife and remove with a spatula.

Oven Roasted Potatoes

1 lb. potatoes, washed and cubed
1 TBS garlic powder
Salt and Pepper

Pre-heat oven to 400 degrees, with baking sheet inside. Parboil potatoes by bringing a large pot of salted water to a boil. Add potatoes to boiling water and cook for 3 minutes. Drain in a colander. Toss potatoes with garlic and salt and pepper to taste.

Spread potatoes on preheated baking sheet. Bake for 20 minutes, and toss. Bake another 20 minutes or until crispy.

Cilantro Basil Dip

½ cup fat free mayonnaise

2 TBS fresh basil, minced

2 TBS fresh cilantro, minced

1 clove garlic, minced

Whatever Cilantro Basil Sour Cream is left over

Mix all ingredients thoroughly. Cover and refrigerate for at least two hours.

Baguette Taste – Wonder Bread Budget