

Zucchini Lasagna

Ingredients

- 4-5 large zucchinis, sliced thin into ¼ inch pieces
- ¾ cup freshly grated Parmigiano Reggiano/Parmesan cheese
- 16 oz. Ricotta cheese
- 1 lb mozzarella, shredded
- 3-5 Garlic cloves
- Fresh basil
- 3 cups of your favorite tomato sauce (my favorite is listed below)

Tomato sauce:

- 1 tablespoon of olive oil
- ½ cup of chopped onion
- 3-5 cloves of garlic crushed
- 1 (28) ounce) can crushed tomatoes
- 2 (6.5 ounce) cans tomato sauce
- 2 (6 ounce) cans tomato paste
- ½ cup water
- 2 tablespoons of white sugar
- 4 tablespoons of chopped parsley
- 1 1/2 teaspoons of dried basil leaves
- 1 1/4 teaspoons of salt
- 1 teaspoon of Italian seasoning
- ½ teaspoon of fennel seeds
- ¼ teaspoon of black pepper

Ricotta filling

- 1 cup ricotta cheese (drained of liquids)
- 1/3 cup freshly grated Parmigiano Reggiano/Parmesan cheese
- 3 garlic cloves, minced
- 1 egg
- pinch of salt
- 1/4 teaspoon black pepper
- 1/4 cup fresh basil, chopped

Instructions

1. **Preheat oven to 375F.**
2. **Salt & pre-bake zucchini noodles:** arrange zucchini slices on a sheet pan lined with parchment paper. Sprinkle lightly with salt – let sit for 5-10 minutes so zucchini "sweats" any excess moisture. Use paper towels to press and dry zucchini noodles and wipe off any extra salt. Then bake noodles for 8-10 minutes – pat them dry after baking. Note: pre-baking the zucchini will help dry up moisture from the noodles.
3. **Tomato sauce:** While the zucchini is baking, make your red tomato sauce. Saute' the onion and garlic in the olive oil over medium heat. Once the garlic and onion is soft, stir in the remaining ingredients. Simmer for about 1 ½ hours, stirring occasionally.
4. **Ricotta filling:** in a medium-sized bowl, mix all of ricotta filling ingredients together.
5. **Layer ingredients:** In a 13×9 baking dish, layer lasagna: spread a thin layer of sauce on the bottom of the dish, add layer of cooked zucchini noodles, thin layer of ricotta filling, and mozzarella cheese & little parmesan Repeat each step until finished. On top layer with sauce, mozzarella cheese, and parmesan cheese.
6. **Bake:** Leave dish **uncovered** and bake for 40-45 minutes, then broil on HIGH for 1 to 2 minutes until cheese is browned.
7. Rest lasagna for about 15 minutes before serving.

Vegetarian Chili

Ingredients

- ½ tablespoon olive oil
- 3 cloves garlic, minced
- 1 yellow onion, chopped
- 1 large carrot, diced
- 1 red bell pepper, diced
- 1 (4 ounce) can mild green chiles
- 1 medium to large, sweet potato, peeled and cut into ½ inch cubes
- 2 1/2 tablespoons mild chili powder
- 1 tablespoon cumin
- ½ teaspoon dried oregano

- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- Freshly ground black pepper
- 1 (28 ounce) can crushed tomatoes (fire-roasted is great)
- ¾ cup vegetarian broth (or water, plus more if it needs more liquid)
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney or pinto beans, rinsed and drained
- 1 heaping cup frozen sweet corn

Instructions

- Place oil in a large pot and place over medium high heat. Add garlic, onion, diced carrot, red bell pepper, cubed sweet potatoes and green chiles; sauté for 5-7 minutes, stirring frequently.
- Next add in chili powder, cumin, oregano, garlic powder, paprika, cayenne pepper, salt and black pepper; stir for about 30 seconds.
- Finally add crushed tomatoes, broth/water, black beans, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.
- Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.

Toppings: Top with tortilla chips, a squeeze of lime juice, shredded cheese, avocado, cilantro and a dollop of sour cream or Greek yogurt.