

Zucchini lasagna with Bolognese sauce

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In this zucchini lasagna with Bolognese sauce we take the classic and lighten it up without losing any of the flavor. There's just something about lasagna that brings us all back to somewhere- maybe a family kitchen, a Sunday dinner, or a moment of food comfort we needed.

Zucchini season is upon us , and this is one of my favorite ways to make the most of it. Instead of letting those garden zucchini pile up . slice them thin and turn them into a delicious, healthy meal. The pasta noodles in classic lasagna are replaced with thinly sliced zucchini , creating a lighter veggie packed version that still taste as delicious as you expect from a classic pasta lasagna.

Things to know about this Zucchini lasagna with Bolognese sauce

1. Zucchini need prepping, they have a high water content. To avoid watery lasagna , it's best to sweat the them with salt and then lightly roasting them.
2. This lasagna is make-ahead friendly. It can be assembled in advance and baked later. It also holds upwell in the fridge for up to three days. or it can be frozen either before baking or after baking.
3. slice the zucchini into even thin slices, using a mandolin or sharp knife . Same size slices help the

layers cook evenly and hold together better.

4. Once the zucchini lasagna is fully baked , be sure to let it rest 10-15 minutes before slicing- this helps the layers set and slice more easily.
5. If you're looking for more ways to use up those summer zucchini, be sure to check out these other zucchini recipes linked below. Lastly , if you make any of these zucchini recipes please leave me a comment , snap a picture and tag me on Instagram. I love seeing your creations!!!
6. Easy vegetarian zucchini fritters
7. Baked vegetarian zucchini meatballs
8. Vegetarian zucchini and tomato pasta

Ingredients

• For the zucchini “noodles”

- 4–5 medium zucchini, sliced lengthwise into 1/4-inch strips
- Salt, for sweating the zucchini
- Olive oil for roasting

For the Bolognese sauce:

- 2 tbsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 carrot, finely diced
- 1 celery stalk, finely diced
- 1 lb. ground beef or beef/pork mix

- 2 tbsp tomato paste
- 1 (28 oz) can crushed tomatoes
- Salt and pepper, to taste
- 1/2 tsp dried oregano
- Fresh basil or parsley (optional)

For the ricotta-spinach filling:

- 1 (15 oz) container whole milk ricotta
- 1 large egg
- 1 cup grated Parmesan cheese
- 1 packed cup cooked spinach (squeezed dry), chopped
- Salt and pepper, to taste

For assembly:

- 2 cups shredded mozzarella cheese
- Extra Parmesan for topping

Instructions

1. Prepare the zucchini:

- Lay the zucchini slices out on paper towels and sprinkle with salt. Let sit 20–30 minutes to draw out moisture.
- Roast the slices at 400°F (200°C) for 10–12 minutes to further reduce moisture and avoid a watery lasagna.

2. Make the Bolognese sauce:

- Heat olive oil in a large skillet over medium heat. Sauté onion, garlic, carrot, and celery until soft (about 5–7 minutes).
- Add ground meat and cook until browned.
- Stir in tomato paste, cook 1–2 minutes.
- Add crushed tomatoes, oregano, salt, pepper, rinse out the can and add about 1 cup of the water
- Simmer for 30–40 minutes until thickened. Stir in a few fresh basil leaves

3. Make the ricotta-spinach filling:

- In a bowl, combine ricotta, egg, Parmesan, chopped spinach, salt, pepper, and a pinch of nutmeg. Mix until smooth.

4. Assemble the lasagna:

- Preheat oven to 375°F (190°C).
- In a 9×13 inch baking dish, layer a thin layer of Bolognese sauce.
- Add a single layer of zucchini slices.
- Spoon and spread some ricotta mixture over zucchini, followed by a bit of Bolognese and a sprinkle of mozzarella.
- Repeat layers (zucchini, ricotta, Bolognese, mozzarella) until all ingredients are used, ending with sauce and mozzarella on top. Sprinkle extra Parmesan if desired.

5. Bake:

- Cover loosely with foil and bake for 25 minutes.
 - Uncover and bake another 15–20 minutes until bubbling and golden.
 - Let rest 15–20 minutes before slicing (this helps it hold together).
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Tips

- You can make it ahead and refrigerate before baking.
- Leftovers freeze well.
- Try using a mandolin for evenly thin zucchini slices
- ENJOY!!!!