ITALIAN · DINNER

Low-Carb Zucchini Lasagna with Beef and Ricotta

80 min · Serves 12 · 342 kcal a serve · Video 8:09 · Downshiftology

Gluten-free ingredients · Nut-free

Zucchini replaces the pasta sheets, so a serve has about 7 g net carbs and 27 g protein from the beef and cheeses — a filling lasagna that won't spike blood sugar.

Diet notes: Low carb (7.1 g net carbs) but not keto: 57% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 11 · SERVES 12

- [ ] 4 large **zucchini**, sliced lengthwise
- [ ] 900 g **ground beef**
- [ ] 680 g jar **pasta sauce** (marinara)
- [ ] 425 g **ricotta** (whole milk or part-skim)
- [ ] 100 g **freshly grated Parmigiano-Reggiano**
- [ ] 150 g grated **fresh mozzarella**
- [ ] 1 **egg**
- [ ] **salt**, to taste (about ¾ tsp, for the ricotta)
- [ ] **black pepper**, to taste
- [ ] a small handful of **fresh basil**, chopped, plus whole leaves to garnish
- [ ] a small handful of **fresh parsley**, chopped

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Trim the zucchini and slice them lengthwise on a mandoline (medium setting) or with a vegetable peeler. To make the lasagna less watery, salt the slices for 15 minutes and blot dry, or grill them 1–2 minutes a side. 1:28
2. Heat the oven to 200°C. Brown the beef in a large pan over medium-high heat, breaking it into small pieces until no pink remains. Stir in all the pasta sauce except 120 ml, then turn off the heat. 3:18
3. Grate the parmesan and mozzarella. Stir the ricotta with the egg, salt and pepper, then mix in the parmesan. 3:50
4. Roughly chop the basil and parsley. 4:56
5. Spread the reserved 120 ml sauce in a 23×33 cm dish and lay in zucchini slices, overlapping by half. Top with half the meat sauce, half the ricotta mix, 120 ml mozzarella and a third of the herbs. 5:14
6. Repeat the layers once, then finish with a last layer of zucchini pressed down flat, the remaining herbs and the last 120 ml mozzarella. 6:05
7. Bake 40–45 minutes until bubbling, then grill (broil) about 5 minutes to brown the top. Scatter with basil leaves and lift portions out with a slotted spatula so any liquid stays in the dish. 7:02

> **Tip** Freezes well in portions. Thinner zucchini slices in a single layer give a firmer, less watery lasagna. Lean beef mince lowers the fat; a no-sugar-added pasta sauce keeps carbs down.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
342 kcal	27 g	9.2 g	2.1 g	22 g	690 mg
1,430 kJ	55% of a day	7.1 g net · 5.6 g sugars	7% of a day	10 g saturated	30% of a day
		3% of a day		28% of a day	

Energy from net carbs 8% · protein 32% · fat 60% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 87% · Zinc 46% · Selenium 42% · Vitamin B6 29% · Vitamin K 24% · Vitamin C 22% · Calcium 21%

Source of (10–19%) Potassium 15% · Iron 15% · Vitamin A 13% · Magnesium 12% · Vitamin E 12% · Omega-3 12% · Folate 11%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=6cs0mfkpDSI, published 7 September 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/zucchini-lasagna-beef-ricotta