



## Zucchini Lasagna with Fragrant Meat Sauce

### Over Creamy Lemon Zest Rice

Camine Pappas / Serves 6 / January 2019

#### INGREDIENTS:

1 lb. 90% lean ground beef  
1 very large and wide zucchini sliced lengthwise into thin strips  
1 28 oz. can whole San Marzano tomatoes  
1/3 C chopped red onion  
1/3 C chopped red pepper  
1-2 large cloves of garlic chopped finely  
Handful of fresh oregano leaves rough chopped  
2 T chopped fresh flat leaf parsley  
1 t paprika  
3 T half and half  
2 t kosher salt ½ t cracked black pepper (to taste)  
½ C + grated parmigiana reggiano cheese  
Water and corn starch for thickening  
A bit of light oil for greasing baking dish.



#### METHOD:

Cut zucchini strips, cover with a moist paper towel and set aside.

In a large saucepan add the meat, paprika, the onion, and the red pepper. Season with a little salt and pepper. Break up the meat a little and let brown on medium high until onions are soft. Open the can of tomatoes and empty into large bowl. Using your hands squeeze the tomatoes until broken up in the liquid. Then add the tomatoes to the pan. Stir to incorporate and return to a simmer. Then add the fresh oregano, 1 T chopped parsley, and the chopped garlic. Cover and let simmer for 45 lovely, fragrant, my-kitchen-smells-amazing minutes.

Remove lid, and take pan off heat. Then stir in the cornstarch dissolved in water, adding a little at a time, until it thickens and isn't runny. Then return to heat and add the cream stirring well. Turn heat off and cover. Begin assembling by layering half the zucchini strips on the bottom of a medium sized baking dish, overlapping each one. Then add half the meat mixture. Cover the meat with the last strips of zucchini, layering again, then cover with the rest of the meat sauce. Sprinkle with the grated parmesan. Be generous with the cheese! Bake in a 400 degree F oven for about 20 minutes or until everything is bubbling well. Remove, let sit for about 5 minutes. Cut and serve over my lemon zest creamy rice.\* Garnish with the remaining 1 T parsley.

*\*Lemon zest rice: Cook 1 C jasmine rice as directed. When cooked add 3 T heavy cream, the juice of one lemon, the zest of one lemon, a bit of salt and pepper and stir.*

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