

MISTY'S VEGGIE LASAGNA

INGREDIENTS

Meat sauce

- 1 lb ground beef
- 1 cup raw spinach
- ½ cup low carb Alfredo sauce

Ricotta mixture

- ¼ cup mozzarella cheese
- ¼ cup grated Parmesan
- ¼ cup ricotta cheese (or cottage cheese)

- 3 tbsp heavy cream
- ½ tsp Italian seasoning

Cauliflower layers

- 1 lb riced cauliflower, cooked
- 2 eggs
- ½ cup mozzarella
- ¼ cup grated Parmesan
- Seasonings, to taste such as garlic, salt, pepper and Italian seasoning



DIRECTIONS

Cauliflower layer

1. Grate fresh cauliflower or use a prepared bag of cauliflower rice. Brown over medium heat in a skillet and drain all excess liquid using cheesecloth or towel.
2. Mix eggs, mozzarella, grated Parmesan, and seasoning in large bowl with cauliflower rice.
3. Spread cauliflower rice mixture out like a pizza crust, about ¼ to ½ inch thick on lined baking sheet.
4. Bake for 15 minutes or until golden brown, set aside.

Meat sauce

5. While cauliflower layer bakes, brown ground beef in skillet, drain fat, and add Alfredo sauce and raw spinach.
6. Reduce heat and continue cooking until spinach is wilted, set aside.

Ricotta filling

7. Mix ricotta, grated Parmesan, heavy whipping cream and seasoning together, set aside.

Assembly

8. Set oven at 375. Prepare an 8x8 baking dish with non-stick spray.

9. Cut cauliflower sheet into 2 halves and trim to fit the pan.
10. Place one layer of cauliflower on the bottom of the pan.
11. Place half of meat sauce on top of layer, adding additional Alfredo, if needed.
12. Add half of ricotta mixture on top of meat sauce layer and sprinkle ¼ cup mozzarella.
13. Place second half of cauliflower layer and repeat last two previous steps with mozzarella on top.
14. Bake for 20 minutes until bubbling then broil for 3-5 minutes to brown cheese.



FOR A HEALTHY SPIN: Try a lean ground beef (4.5 g of saturated fat or less per 3-oz serving) to cut down on saturated fat, which in high amounts over time may increase cholesterol levels.

— Recipe courtesy of Misty from UAB Anesthesia Laboratory