

Zucchini Lasagna Noodles

This recipe will make as many Noodles as you have zucchini's



Ingredients

Fresh Zucchini

Salt (optional)

(3lbs is usually enough for 1 lasagna)

Directions:

1. Slice washed zucchini to ¼ inch thick using a Mandolin type slicer.
2. Sprinkle both sides of each slice with a little salt.
3. Using an indoor grill, cook the zucchini slices for about 90 seconds
4. Line your trays with parchment, and lay out the zucchini slices flat, you can layer by putting parchment paper between each layer.
5. Freeze until Frozen Solid
6. Freeze dry (my cycle time was 48 hours)

Rehydration:

No Need to rehydrate, they will rehydrate as you lasagna cooks

Notes:

Pay attention to mass if you layer, zucchini has a very high water content so putting too much in your Freeze Dryer at one time can cause your freeze dryer to not completely freeze dry the noodles without stopping to thaw and having to run the noodles through a second freeze drying cycle.

Nutritional Value Per 3 lbs

Calories: 231 Protein: 16.5 g Fat: 4.4 g Carbohydrates: 42.3 g Sugar: 34 g Fiber: 13.6 g