

# *Zucchini Red Sauce Lasagna*

## *Freeze-Dried Pantry*

*This recipe makes One 9 x 13 pan of Lasagna*



### **Ingredients**

**3 lbs** Freeze Dried Zucchini Lasagna Noodles (mass before Freeze Drying)  
**¾ cup** freshly grated Parmigiano Reggiano/Parmesan cheese  
**1 lb** mozzarella, shredded  
**2 ½ cups** tomato sauce or spaghetti sauce

### **FILLING**

**1 cup** ricotta cheese  
**⅓ cup** freshly grated Parmesan cheese  
**3 cloves** garlic, minced  
**1** egg  
Pinch of salt  
**¼ tsp** black pepper  
**¼ cup** fresh basil, chopped

**This is a freeze-dried pantry recipe using some already freeze-dried ingredients**

### **Directions:**

1. Preheat the oven to 375°F.
2. In a medium bowl, mix all ricotta filling ingredients until smooth.
3. Spread a thin layer of sauce on the bottom of a 13x9 baking dish.
4. Add a layer of freeze-dried zucchini noodles, then spread ricotta filling, mozzarella, and a sprinkle of parmesan.
5. Repeat the layers until all ingredients are used, finishing with sauce, mozzarella, and parmesan on top.
6. Bake uncovered for 40–45 minutes.
7. Broil on high for 1–2 minutes until the cheese is golden brown.
8. Sprinkle with chopped fresh basil, slice, and serve.

### **Rehydration:**

No need to rehydrate the lasagna noodles, they will suck up moisture from the ingredients when it is cooking.

### **Notes:**

The nutritional information is based on 12 servings of lasagna

### **Nutritional Value Per 1 serving**

Calories: 279 Protein: 23 g Fat: 13.7 g Carbohydrates: 20.2 g Sugar: 13.8 g Fiber: 5.2 g