

# Zucchini Lasgana

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Serves: About 8  
Serving Size: 170 g  
Protein per serving: 3 g

## Ingredients

- 155g Mushrooms
- 2 cloves garlic
- 2 tsp olive oil, divided
- 140g CBF Sausage Mix
- 1 ½ Tbsp Oil
- 1 cup water
- 1 Tbsp Italian Seasoning
- 1 ¾c tomato sauce
- 290g sliced Zucchini
- 10 oz nondairy cheese

## Directions

1. In a medium skillet, heat 1 tsp olive oil over medium heat. Sauté mushrooms and garlic together for about two minutes, then set aside.
2. To make the ground sausage mix, combine Cambrooke's sausage mix, 1 ½ Tbsp olive oil, 1 cup of water, and Italian seasoning in a medium bowl. Mix just until combined and can come together like a patty. Add the sautéed mushrooms and garlic and mix.
3. Heat 1 tsp olive oil in the medium skillet over medium heat. Add the sausage mixture and cook until lightly browned and can be crumbled. Remove from heat and set aside.
4. Preheat oven to 350 degrees. In a 9x13 pan, add sauce to just barely cover the bottom. Add a layer of sliced zucchini, top with ¼ cup sausage crumbles, more tomato sauce and then sprinkle cheese. Repeat for two more layers, making sure to finish with the cheese. Bake for 30-40 minutes, until internal temperature reaches 145 degrees and the lasagna is fork tender.