

Recipe of the week from skinnytaste.com:

Zucchini Lasagna



Yield: 8 servings

INGREDIENTS

- 1 lb. 93% lean ground beef
- 1 1/2 teaspoons kosher salt
- 1 tsp olive oil
- 1/2 large onion, chopped
- 3 cloves garlic, minced
- 1 28 oz can crushed tomatoes
- 2 tbsp chopped fresh basil
- black pepper, to taste
- 3 medium, 8 ounces each zucchini, sliced 1/8" thick
- 1 1/2 cups part-skim ricotta
- 1/4 cup Parmigiano Reggiano
- 1 large egg
- 16 oz 4 cups shredded part-skim mozzarella cheese

INSTRUCTIONS

1. In a medium sauce pan, brown meat and season with salt. When cooked drain in colander to remove any fat.
2. Add olive oil to the pan and saute garlic and onions about 2 minutes. Return the meat to the pan, add tomatoes, basil, salt and pepper. Simmer on low for at least 30-40minutes, covered. Do not add extra water, the sauce should be thick.
3. Meanwhile, slice zucchini into 1/8" thick slices, add lightly salt and set aside or 10 minutes. Zucchini has a lot of water when cooked, salting it takes out a lot of moisture. After 10 minutes, blot excess moisture with a paper towel.
4. Preheat a gas grill or grill pan to medium high, and grill 2 to 3 minutes per side, until slightly browned. Place on paper towels to soak any excess moisture.
5. Preheat oven to 375F.
6. In a medium bowl mix ricotta cheese, parmesan cheese and egg. Stir well.
7. In a 9x12 casserole spread 1/2 cup of sauce on the bottom and layer the zucchini to cover. Spread 1/2 cup of the ricotta cheese mixture, then top with 1 cup of the mozzarella cheese and repeat the process until all your ingredients are used up. The last layer top with remaining zucchini and sauce, cover with foil and bake 30 minutes. Uncover the foil and bake 20 minutes (to dry up the sauce) then place the remaining 1 cup mozzarella and bake until melted, 10 minutes.
8. Let stand about 5 - 10 minutes before serving.

Serving: 1/8, Calories: 275kcal, Carbohydrates: 13g, Protein: 26g, Fat: 13g, Saturated Fat: 7g, Cholesterol: 84mg, Sodium: 648mg, Fiber: 2.5g, Sugar: 5g

Anti-inflammatory recipe of the week from allrecipes.com, by Cara Rosenbloom RD:

[Kale, Quinoa, and Avocado Salad with Lemon Dijon Vinaigrette](#)

The kale in this recipe has inflammation-fighting vitamins and antioxidants, and one study showed that avocado can assist in reducing inflammation after eating certain foods.



Servings: 4 Yield: 1 large salad

Ingredients

Salad

- $\frac{2}{3}$ cup quinoa
- 1 $\frac{1}{3}$ cups water
- 1 bunch kale, torn into bite-sized pieces
- $\frac{1}{2}$ avocado - peeled, pitted, and diced
- $\frac{1}{2}$ cup chopped cucumber
- $\frac{1}{3}$ cup chopped red bell pepper
- 2 tablespoons chopped red onion
- 1 tablespoon crumbled feta cheese

Dressing

- ¼ cup olive oil
- 2 tablespoons lemon juice
- 1 ½ tablespoons Dijon mustard
- ¾ teaspoon sea salt
- ¼ teaspoon ground black pepper

Directions

Step 1

Bring the quinoa and 1 1/3 cup water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.

Step 2

Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale until hot, about 45 seconds; transfer to a large plate. Top kale with quinoa, avocado, cucumber, bell pepper, red onion, and feta cheese.

Step 3

Whisk olive oil, lemon juice, Dijon mustard, sea salt, and black pepper together in a bowl until the oil emulsifies into the dressing; pour over the salad.

Per Serving: 343 calories; protein 8.9g; carbohydrates 35.4g; fat 20.3g; cholesterol 2.1mg; sodium 552.1mg.