

TOMATO & BEEF LASAGNA



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	13.3 gm raw ground beef, 70-90% lean	1.9
	15.5 gm shredded whole milk mozzarella cheese	1.8 (-1.8 gm fat)
Fat	15 gm mayonnaise	3
	13.2 gm butter	3 (-1.8 gm)
Carbohydrate	27.3 gm fresh tomato, sliced thin	1.3
Other	Salt, pepper, onion powder, garlic powder, dried oregano, dried basil	

DIRECTIONS

- Preheat the oven to 350°F.
- Combine the raw ground beef and butter in a small sauté pan; season to taste.
- Stir frequently until the beef is cooked; set aside.
- In a small mixing bowl, combine the mozzarella cheese and mayonnaise.
- Season to taste; set aside.
- Grease a small casserole dish or a ramekin with nonstick cooking spray.
- Begin layering the lasagna by lining the bottom of the casserole dish with half of the tomato slices.
- Top with half of the beef mixture, evenly covering the tomatoes.
- Then top with half of the mozzarella cheese mixture.
- Repeat the process to complete the lasagna.
- Bake in the preheated oven for 15 minutes, until the cheese is melted and slightly browned.
- Serve warm.

VARIATIONS

- Other proteins such as ground chicken, ground turkey, or sausage can be used instead of beef.
- Other thinly sliced vegetables such as zucchini or eggplant can be used instead of tomatoes.
- This recipe is very flexible; it can be adjusted as needed to fit all personalized meal plans.