

# HEALTHY SOMERSET RECIPES

## Zucchini Pizza Bites

### Ingredients:

- 1 large zucchini, washed and sliced in 1/4 inch thick circles
- Cooking oil spray
- 1 teaspoon Italian seasoning
- 1/2 cup pizza sauce
- 1/2 cup part-skim mozzarella cheese, shredded

### Directions:

1. Preheat the oven to broil.
2. Place zucchini slices on a baking sheet, in a single layer.
3. Spray each zucchini slice lightly with cooking oil spray. Flip each slice and spray on the other side.
4. Sprinkle Italian seasoning on top of zucchini slices.
5. Broil the zucchini for 2 minutes. Remove from the oven, flip slices over, return to the oven and broil 2 minutes more.
6. Top each zucchini slice with 1 teaspoon of pizza sauce.
7. Sprinkle 1 teaspoon of cheese on each slice.
8. Return the baking sheet to the oven and broil for an additional minute or two until cheese melts and begins to brown.
9. Using a spatula, transfer pizza slices to a tray or plate to cool a bit before serving.



## Mac 'n Cheese with Broccoli

### Ingredients:

- 1 box of frozen broccoli, chopped
- 1 (12 ounce) box of macaroni and cheese

### Directions:

1. Cook macaroni noodles according to package directions.
2. Add broccoli to cooking noodles when there is 5 minutes left on the timer. Drain.
3. Add cheese sauce and milk according to package directions. Stir well and serve!

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## Zucchini Lasagna

### Ingredients:

- 2 large zucchini (**or any other squash**)
- 1 tablespoon salt
- 1 pound ground beef
- 1 ½ teaspoons ground black pepper
- 1 small green bell pepper, diced
- 1 onion, diced
- 1 (16 ounce) jar pasta sauce
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 1 egg
- 1 (15 ounce) container low-fat ricotta cheese
- 2 tablespoons chopped fresh parsley
- 8 ounces shredded mozzarella cheese
- 8 ounces grated Parmesan cheese

### Directions:

1. Preheat oven to 325 degrees F. Grease a deep 9x13 inch baking pan.
2. Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander.
3. To prepare the meat sauce, cook and stir ground beef and black pepper in a large skillet over medium high heat for 5 minutes. Add in green pepper and onion; cook and stir until meat is no longer pink. Stir in pasta sauce, basil, and oregano. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.
4. Meanwhile, stir egg, ricotta, and parsley together in a bowl until well combined.
5. To assemble lasagna, spread 1/2 of the meat sauce into the bottom of prepared pan. Then layer 1/2 the zucchini slices, 1/2 the ricotta mixture, then 1/2 the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella. Spread Mozzarella and Parmesan cheese evenly over the top; cover with foil.
6. Bake for 45 minutes. Enjoy!

