Low-Carb Zucchini Cashew Lasagna

Layers of thin zucchini slices baked with creamy, protein-rich cashew cheese for a satisfying low-carb meal.

Servings: 2 **Time:** 50 minutes

Ingredients

- 2 medium zucchinis, thinly sliced lengthwise
- 1 cup raw cashews, soaked for 4 hours
- 1/4 cup water
- 2 tbsp nutritional yeast
- 1 tbsp lemon juice
- 1 garlic clove
- 1/2 tsp salt
- 1 tsp olive oil
- 1/2 cup part-skim ricotta cheese
- 1 cup low-sugar marinara sauce
- 1/4 cup shredded mozzarella cheese
- Fresh basil leaves for garnish

Instructions

1. Preheat oven to 375°F.
2. Drain and rinse soaked cashews. Blend with water, nutritional yeast, lemon juice, garlic, and salt until smooth and creamy.
3. In a bowl, mix cashew cheese with ricotta cheese until combined.
4. Lightly sauté zucchini slices with olive oil for 2 minutes each side to soften, then pat dry.
5. Spread a thin layer of marinara sauce at the bottom of an 8×8 baking dish.
6. Layer half the zucchini slices over the sauce.
7. Spread half the cashew-ricotta cheese mixture over zucchini.
8. Add another layer of marinara sauce, then remaining zucchini slices.
9. Top with remaining cashew-ricotta mixture and sprinkle shredded mozzarella cheese on top.
10. Bake uncovered for 25-30 minutes until bubbly and golden on top.
11. Garnish with fresh basil leaves before serving.

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