



Keto Palmini Lasagna

One of our most requested recipes EVER! This is a Keto Lasagna recipe that your family will LOVE - regardless of whether they're Keto, Low Carb, or eat a Standard American Diet! Palmini Noodles are made from Hearts of Palm. It's kind of like cabbage (it's a vegetable), but they really don't have much flavor . . . in a good way!

Every time we make this my kids have seconds . . . and I have thirds!

Recipe:

1 Can Palmini Lasagna Noodles
8 oz Shredded Mozzarella Cheese
¼ C Parmesan Cheese
1 lb Ground Beef, browned
28 oz Pasta Sauce (Rao's)

Brown the ground beef, add Italian seasoning if desired. Add sauce to the ground beef.

Rinse, then boil the Palmini noodles for 6 minutes. Rinse in cold water so they're easier to handle.

Layer Palmini Noodles, sauce, then cheese in an 8x8 dish to make lasagna. Top with parmesan.

Bake at 350 for 25 minutes when you're ready to eat!



The Keto Dad Tips and Tricks:

- These noodles come in linguine too, and they're just as good! Rinse and boil them for 6 minutes to make them soft (don't need to rinse them in milk as some suggest).
- If you want your lasagna noodles a little softer, boil them a few minutes longer before you make your lasagna.
- Feel free to add any other ingredients like ricotta cheese - just mind the carbs!
- To freeze the whole thing - layer your lasagna, then put in freezer. Bake when you're ready to eat. If it's not thawed, add another 10 minutes.

Serving size: 6 servings

Calories: 396, Fat: 28g, Carbs: 8g, Fiber: 2g, (Net Carbs 6) Protein: 31g

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