



Easy Zucchini Ziti

Before Keto, we used to have pasta at least once a week. Spaghetti was a sure hit and lasagna rarely had leftovers! We tried a variety of noodle replacements and found that the kids absolutely love this!

Here are the Ingredients You'll Need:

The Basics:

- 2 Large or 3 small zucchinis
- Pasta Sauce
- Mozzarella Cheese
- 1lb Ground Beef
- Italian seasoning



Optional: (note carb increases)

- Ricotta Cheese
- Cottage Cheese

Recipe:

- Dice your zucchini - we remove rind, cut it in circles and then quarter it
- Grate 8oz Mozzarella cheese
- Brown the ground beef, simmer in pasta sauce (we use Rao's) & add Italian seasoning
- Layer pasta sauce, zucchini, sauce with beef, layer of grated mozzarella cheese, add in any ricotta or cottage cheese (if you're using it). Then another layer of zucchini, sauce and cheese!
- Bake at 350 for 30-40 min or until zucchini is soft

The Keto Dad Tips:

- If you want to reduce the water, lightly salt and press with a paper towel. It doesn't bother us, and I feel like it actually helps with the leftovers!

Serves: 6 (Recipe includes 1 cup Ricotta cheese and 1 cup mozzarella cheese)

Macros: Calories: 381, Fat: 26g, Carbs: 7g, Fiber: 1g (Net Carbs 6), Protein: 29g

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