

Summer Squash Lasagne

Ingredients

For the Lasagne:

- 2 medium yellow summer squash (or courgettes), thinly sliced lengthwise
- 250g ricotta cheese
- 1 egg
- 50g grated Parmesan cheese
- 1 tsp dried oregano
- Salt & black pepper, to taste
- 200g shredded mozzarella cheese
- 9 lasagne sheets (or use extra squash slices for a low-carb version)



For the Sauce:

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tin (400g) chopped tomatoes
- 1 tbsp tomato purée
- 1 tsp dried basil (or fresh basil leaves, chopped)
- Salt & black pepper, to taste

Directions

1. Preheat the oven to 180°C (160°C fan/gas mark 4).
2. Slice the squash into thin strips and lightly sprinkle with salt. Let them sit for 10 minutes to release moisture, then pat dry with a paper towel.
3. Heat olive oil in a pan over medium heat. Sauté the onion until soft, then add garlic.
4. Stir in the chopped tomatoes, tomato purée, basil, oregano, salt, and pepper.
5. Simmer for 10–15 minutes until thickened.
6. Prepare the Ricotta Mixture
7. In a bowl, mix the ricotta, egg, Parmesan, oregano, salt, and pepper.
8. In a baking dish, spread a thin layer of tomato sauce.
9. Layer with lasagne sheets (or squash slices for a low-carb option), followed by ricotta mixture, squash slices, and mozzarella.
10. Repeat layers, finishing with sauce and mozzarella on top.
11. Cover with foil and bake for 25 minutes.
12. Remove foil and bake for another 15 minutes until golden and bubbly.
13. Let it cool for 10 minutes before slicing.