

Baked Zucchini with Italian Sausage

Prep time: 15 minutes

Cook time: 45 minutes

Servings: 4

Ingredients:

1 pound Italian sausage, browned

2 medium zucchinis, spiralized into noodles

8 ounces mozzarella cheese (4 ounces shredded, 4 ounces cubed)

8 ounces marinara sauce

1/4 teaspoon salt



Special equipment: Spiralizer

Instructions:

Preheat the oven to 350 degrees.

First, make the zoodles (zucchini noodles) by spiralizing two medium zucchini using the small noodle blade. Use a knife or kitchen shears to cut the noodles into 6-8 inch pieces.

Place the zucchini into a colander and toss with the salt. Set the colander in the sink or over a bowl and let the zucchini drain for 20-30 minutes

While the zucchini drains, cook the Italian sausage in a large skillet over medium high heat until browned, about 10-15 minutes. Remove from pan and drain excess fat.

Grease a 9X9 glass baking dish with olive oil and then put 2-3 tablespoons of the marinara sauce in the pan to just cover the bottom. Add half of the zoodles (squeeze any excess liquid out), followed by half of the sausage, the cubed mozzarella, and half of the marinara.

Repeat the next layer with the remaining zoodles, sausage, and marinara. Last, spread the shredded mozzarella on top.

Bake in the 350 degree oven for 30-45 minutes. It is done when it is bubbly, the cheese has melted and is just beginning to brown.

Remove and let cool for 5-10 minutes before cutting and serving.

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