

Zucchini and Sausage Casserole

Original by Karen

Servings: 12



28 ounces zucchini slices, about 1/4 inch slice, length wise vs. rounds
1 pound hot Italian sausage, no casing, or a lamb merquez sausage
1 large onion, chopped
20 ounces tomato sauce, Vera Gusto (Medium Heat)
8 ounces cottage cheese
2 eggs
3/4 cup heavy cream
4 cups bread cubes, dried thick cut, 1 inch cubes, I prefer Ciabatta, crust removed
1 tablespoon herb rub, I use Limnos Lamb rub from Savory Spice or similar
1 pound mozzarella cheese, low moisture, shredded
1/4 cup parmesan cheese, grated
kosher salt, for sprinkling

1. Place sliced zucchini on clean kitchen towels and sprinkle with kosher salt. Let sit at least 30 minutes to draw out moisture. Then wipe dry with a clean towel.
2. Preheat oven to 350*
3. Saute loose and broken up sausage - let brown on one side then add onions and continue to saute until onions are soft, 5-10 minutes.
4. Mix egg into cottage cheese (or can substitute Ricotta) with 1 TBS. Limnos Lamb Rub and heavy cream. Pour mixture over dried bread cubes and mix well.
5. Grease a 9x13 casserole pan and pour in 1/2 the red sauce. Place 1/2 the zucchini slices in an overlapping layer over the sauce. Pour bread mixture on next and spread evenly. Sprinkle sausage and onion mixture and then 1/2 of the shredded Mozzarella cheese. Create another overlapping layer with the remaining zucchini. Spread remaining red sauce over zucchini, followed by remaining Mozzarella. Top with 1/4 cup grated Parmesan cheese and sprinkle with more Limnos Lamb rub if desired.
6. Bake for 1 hr or until bubbling and nicely browned on top.

Karen's recipe at tastingspoons.com

Per Serving (excluding unknown items): 377 Calories; 26g Fat (62.0% calories from fat); 21g Protein; 15g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 597mg Sodium; 6g Total Sugars; 1mcg Vitamin D; 326mg Calcium; 2mg Iron; 503mg Potassium; 321mg Phosphorus. Exchanges: 4 1/2 Grain(Starch).