**NAME OF DISH**

**INGREDIENTS**
- 2 large zucchinis
- 2 cups jarred tomato sauce
- 2 cups brown lentils
- 1 cup part-skim ricotta cheese
- 1/2 cup shredded part-ski mozzarella cheese, divided

**SERVINGS: 4**
**CALORIES PER SERVING: 289**
**FAT: 11 G**  **SAT FAT: 6 G**
**PROTEIN: 24 G**  **CARBS: 13 G**

**INSTRUCTIONS**

Thinly slice zucchini intro 1/8 inch thick coins. Arrange slices on a microwave-safe plate and cook on high for 90 seconds. Remove plate for microwave and pat zucchini coins dry with a clean paper towel. Set aside in a small mixing bowl, combine tomato sauce and cooked lentils. In a separate mixing bowl in a circular pattern. Top with 2 Tbsp cheese mixture, spreading evenly. Top cheese mixture with 1/4 cup lentil sauce. Repeat layering zucchini, cheese and sauce and top with remaining mozzarella. Cover with paper towels and microwave 1-2 minutes on high until cheese is melted. Remove from microwave and let cool before serving.

**RECIPE COURTESY OF ST. MARYS MEDICAL CENTER**

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