

# **Kale Lasagna (can use zucchini as substitute for noodles)**

1- 1/4 lbs. kale, stems removed  
3 tbsp. olive oil  
3 cloves of garlic  
1 tsp. red pepper flakes  
1- 28oz can crushed tomatoes (preferably with herbs)  
2 tsp. salt, divided  
1 tsp lemon juice  
4 cups cottage cheese  
1 egg  
3/4 cups grated parmesan cheese,  
2 cups mozzarella cheese  
3/4 tsp. pepper  
16 no boil lasagna noodles (**can substitute zucchini slices, salt and wring out extra liquid in towel**)

**Kale prep:** Bring a large pot of water to boil. Put in kale, boil for 2 minutes, drain, rinse and wring out dry. Chop roughly, add salt and pepper and set aside.

**Tomato Sauce Mixture:** In skillet combine oil, garlic, red pepper flakes and 1 tsp. of salt. Heat over medium high, stirring frequently. Mix in the crushed tomatoes and simmer for 5-10 minutes. Remove from heat and add lemon juice.

**Cheese mixture:** strain the liquid out of the cottage cheese. Mix in 1/2 cup of the Parmesan, 1 -1/2 cups mozzarella, 1 egg and 1 tsp of salt and pepper.

**Preheat oven to 375 degrees**

**Assemble lasagna:** in 9" x 13" pan layer a *thin* layer of tomato sauce, cover with a layer of noodles (or prepared zucchini). Then 1/2 of the cheese mixture, half the kale and half of the remaining sauce. Add another layer of noodles (or prepared zucchini), the remaining cheese mixture, and the remaining kale. Top with remaining noodles, then the remaining sauce. Sprinkle with the remaining 1/2 cup mozzarella cheese and 1/4 parmesan cheese.

**Bake 45 minutes or until bubbly brown**

**Let stand for 10 minutes before slicing**

Original recipe from Annies-eats.com, some adjustments made to reduce the extra liquid.