

# No-Noodle Sweet Potato “Lasagna”

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/east-side-mario-s-lasagna-recipe>

## Ingredients:

- 1 sweet potato sliced into very thin round slices
- 1 red onion medium, sliced into thin, round slices
- 2 zucchini large, trimmed, sliced lengthwise in 1/4-in thick slices
- 1 bunch kale thick stems removed
- 1 1/3 cups broccoli florets
- 1 large egg beaten
- 2 cups ricotta cheese skim or whole milk
- crushed red pepper flakes to taste
- 1/4 cup fresh basil torn
- 1/2 cup parmigiano-reggiano grated
- 4 cloves garlic minced
- 4 cups marinara sauce good quality, divided
- 1 1/2 cups mozzarella cheese shredded, divided, you can use part skim if you'd like to keep the fat down
- salt and ground black pepper
- olive oil spray