Meal in a Mug: Zucchini Lasagna

**Prep time:** 10 minutes  
**Cook time:** 5 minutes  
**Yield:** 1

**Ingredients:**

For one
- ½ medium zucchini
- ½ cup of jarred tomato sauce
- ½ cup cooked lentils
- ¼ cup a ricotta cheese
- ¼ cup of mozzarella cheese
- Salt and pepper to taste

**Instructions:**

1. This recipe calls for cooked lentils. Add ½ cup of dried lentils and 1 cup of water to a pot and cook for 20 minutes. Season lentils with salt and pepper to taste then continue with the following steps.

   *TIP: Add whole garlic cloves to the pot while cooking lentils to add a savory flavor while cooking, strain out once cooked.*

2. Thinly slice zucchini into 1/8 inch thick coins. Arrange slices on a plate. Salt and pepper. Then cook for 2 minutes in the microwave. Flip and cook for 2.5 more minutes. Remove plate, pat zucchini coins dry with a clean paper towel and set to the side.

3. Combine tomato sauce and cooked lentils in a bowl.

4. In a separate bowl combine both cheeses.

   *Set 2 tablespoons of mozzarella aside for topping.*

5. Start layering in the mug with zucchini in a circular fashion. Add the cheese mixture and then the lentils sauce mixture. Repeat layering in this order for 2-3 layers.

6. Top with remaining mozzarella, cover with a paper towel and microwave for 2 minutes or until the cheese is melted.

7. Let the lasagna rest for 2 minutes before eating.

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**The ingredients for this recipe cost:**  
$8.43  
or $1.82/person

**Pulses** are part of the legume family, but the term “pulse” refers only to the dried seed. Dried peas, edible beans, lentils and chickpeas are the most common varieties of pulses.

Pulses are very high in protein and fiber, and are low in fat. Lentils offer, folate, potassium and magnesium.