

Kelp Lasagna



The Ingredients

- 1 package giant kelp noodles, approximately 8 large pieces
- 1 to 2 zucchinis, chopped
- 1 bunch of spinach or kale, chopped
- 4 stalks of asparagus, chopped
- 2 garlic cloves, minced
- 1 pound of ground beef
- 1 can (28 ounce) crushed tomatoes
- 1 can (6 ounce tomato paste
- 1 can (6 ½ ounce) tomato sauce
- ½ tsp herbs
- ¾ pound medium cheddar, grated
- ¾ pound cheddar, sliced
- ¾ cup Pecorino Romano cheese, grated

Directions

- Preheat oven to 375 F. In a Dutch oven, cook the ground beef over medium-high heat until brown. Add the spinach or kale, garlic and asparagus and cook over medium heat for another 5 minutes and set aside.
- Place a pot over medium heat and add crushed tomatoes, tomato paste and tomato sauce. Season with herbs and simmer with the lid on. After 30 minutes, incorporate the meat and vegetables and cook for another 15 minutes, then set aside.
- Bring a large pot of water to a boil. Cook the kelp in boiling water for 5 to 7 minutes. Drain and rinse with cold water.
- In a mixing bowl, combine grated cheeses.
- To assemble, spread 1 ½ cups of the sauce in the bottom of a 9x13-inch baking dish. Arrange 4 giant kelp noodles lengthwise over meat sauce. Spread with one half of cheese mixture. Top with ⅓ of cheddar cheese slices. Spoon 1 ½ cups meat sauce over it and sprinkle with ¼ cup Pecorino Romano.
- Repeat layers and top with remaining cheeses. Cover with foil. To prevent sticking, either spray foil with cooking spray or make sure the foil does not touch the cheese.
- Bake at 375 F for 25 minutes. Remove foil. Rest for 15 to 20 minutes before serving.