

Easy Low Carb / Keto Palmini Noodle Lasagna

Prep Time: 15 minutes

Cook Time: 30 minutes

1 lb. ground beef
2 cups no sugar added prepared spaghetti sauce
1 ½ to 2 cups shredded mozzarella cheese
1 cup shredded parmesan cheese
1 14 oz. can Palmini lasagna noodles, drained
1 teaspoon Oregano, or more to taste



Preheat oven to 375° F.

- While the oven is heating, brown the ground beef and boil the palmini lasagna noodles for 10 minutes.
- Drain the palmini noodles and set aside.
- Add the 2 cups of spaghetti sauce to the browned ground beef and mix well. Add Oregano.
- Spray the bottom and sides of a 2-quart casserole dish with nonstick spray of your choice.
- Place about 2 tablespoons of sauce on the bottom of the sprayed pan.
- Place a layer of noodles on top of the small amount of sauce, layer with the ground beef/sauce mixture, and a layer of shredded mozzarella and parmesan. Top the cheese with another layer of noodles and continue until the pan is filled and all ingredients are incorporated.
- Top with the remaining cheese
- Sprinkle additional Oregano on the top of the shredded cheese if desired.
- Bake for 30 minutes at 375°.
- Let stand for 5 minutes before cutting and serving.

As Prepared:

1/4 of recipe contains 11 net carbs

1/6 of recipe contains 7.5 net carbs

Optional:

Add keto-approved vegetables to the layers such as zucchini, mushrooms, onion, peppers. Spinach, kale, cabbage, artichokes, broccoli, cauliflower, or summer squash. Please note that adding vegetables will increase the net carb count of the recipe.

What are Palmini noodles?

Palmini noodles are not pasta noodles. They are a low carb alternative made from a natural plant, Hearts of Palm. They can be found at most larger grocery stores.

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