

EGGPLANT LASAGNA



INGREDIENTS:

- 2 Small Eggplants
- 2 cups Marinara Sauce
- 2 Tbsp Oregano
- 2 cups Fat Free Ricotta Cheese
- 3 Large Eggs
- 1 cup Parmesan Cheese
- 1 tsp Salt

DIRECTIONS:

1. Preheat oven to 400° F
2. Remove ends on eggplants and slice into 0.5" thick slices
3. Place Eggplants on Baking sheet with parchment Paper
4. Lightly spray with olive oil on eggplant slices and bake for 25 minutes (Set aside once done)
5. In a bowl combine marinara sauce and oregano
6. In a separate bowl combine ricotta, eggs, 1 tsp salt, and 1/2 cup Parmesan cheese
7. In an 8x8 baking dish assemble Lasagna. One layer eggplant, one marinara sauce, one ricotta. Repeat until all are incorporated. Finish dish with ricotta mixture.
8. Sprinkle remainder 1/2 cup Parmesan cheese on top of Lasagna.
9. Bake for 25-30 minutes. Broil 1-2 minutes or until cheese begins to brown.
10. Allow to cool for 5-10 minutes, serve, and Enjoy!

Makes 4 Servings

1 Serving: Calories: 400 | Protein: 18 gm | Carbs: 40 gm | Fat: 13 gm