

# Eggplant Lasagna

## Ingredients:

- 1 eggplant
- 1/2 package of no-boil lasagna
- 1 26 ounce jar of low-sodium marinara sauce
- 1 carrot, sliced thin
- 1 clove of garlic, sliced thin
- olive oil spray
- 1/2 cup of water
- 1 ounce grated parmesan cheese
- Chopped parsley for garnish
- Additional sauce if desired



Repeat this layer order until you end with eggplant on top then add a little olive oil and sauce. Add the water to the lasagna.

Bake the lasagna at 350 degrees for 50 minutes or until the noodles are tender when a fork is inserted into the pan. Top with Parmesan cheese and bake 5 more

minutes.

Allow the lasagna to cool for 5 minutes then slice it in thick 1.5" slices.

Serve a slice with a little olive oil and chopped parsley on top. Serve with heated marinara sauce if desired.

**Cook's Notes:** The eggplant replaces the ricotta cheese filling in a traditional lasagna and it is very creamy and satisfying. Making a lasagna in a loaf pan is easier than a regular pan. You can serve this as an entree for 3 or a side dish for 6.

## Directions:

Layer this lasagna in a 2 pound loaf pan or a small casserole dish. Or double the recipe and put it in a larger casserole dish, about 12" square in size.

Slice the eggplant widthwise so you have slices that are thick and about the shape of the loaf pan. Discard the ends which are mostly skin.

Layer the lasagna in this order:

1. sauce
2. pasta
3. eggplant
4. slices of carrots and garlic

Serves 6. Each 1.5-inch slice: 144 calories, 4 g of fat, 1g saturated fat, 0g trans fat, 12 mg cholesterol, 83 mg sodium, 25g carbohydrate, 6g dietary fiber, 10g sugars, 5g protein.