Fit + Food + Fun (on a budget)

Eggplant Lasagna

Ingredients
2 Eggplants
Olive Oil
½ Onion
2 Garlic, Chopped
½ Red Pepper
1 C. Mushrooms, Sliced (Optional)
1 t. Thyme
15-oz Ricotta Cheese
3 Eggs
1 C. Grated Parmesan, divided
1 t. Oregano
1 t. Basil
1 t. Parsley
1 t. Red Pepper Flakes
Pepper
32 oz. Marinara Sauce

Supplies
2 Sheet Pans
Large Casserole Dish
Large Mixing Bowl

Directions
Preheat oven to 400 degrees F. Slice eggplant lengthwise and arrange in a single layer on 2 sheet pans. Brush olive oil on both sides; sprinkle with pepper. Roast the eggplant in the oven until browned, about 25 minutes.

Meanwhile, in a little olive oil sauté onions several minutes. Add in garlic, red pepper, mushrooms, and thyme; sauté a few more minutes until everything is tender.

In a large bowl mix the ricotta, eggs, half the Parmesan, and remaining spices. Stir in onion/pepper mix.

Spread half of the marinara sauce on the bottom of a large casserole dish. Lay half of the eggplant slices on top followed by the ricotta mixture. Lay the remaining eggplant and top with the remaining marinara sauce. Sprinkle the remaining Parmesan on top. Bake at 350 degrees, for 30 minutes.

Servings: 6

Prep and Cooking Time: 50 minute prep; 30 minute bake