



EGGPLANT PARMIGIANA LASAGNA

DIRECTIONS

1. Wash eggplant and slice into 1/2" slices. Place slices on baking sheet lined with a tea towel. Sprinkle salt over the top and let sit for at least 30 minutes, turning 1/2 way through. Blot excess water from both sides of the eggplant slices with a clean papertowel

2. Preheat oven to 375F.

Beat 2 eggs with 2 tablespoons of water in a medium bowl. In another shallow bowl add 1 cup of bread crumbs. Dip slice of eggplant into egg wash and then coat both sides with breadcrumbs. Repeat process for all eggplant slices adding remainder of bread crumbs as needed and bake on parchment paper line baking sheet for 10 minutes. Flip slices over and bake again for 10-12 minutes until golden brown

3. While eggplant is baking prepare the ricotta mixture by stirring in Italian seasoning

4. In a baking pan spread 1 cup of marinara sauce on the bottom. Start building the lasagna by placing a layer of eggplant. I chose not to have any gaps in my eggplant layers so I cut pieces of eggplant to fill the holes. On top of the eggplant spread 1/2 of the ricotta mixture followed by 1/2 cup of marinara sauce and 1/2 cup of mozzarella shreds. Repeat process with eggplant slices (filling in holes with cut up pieces of eggplant), ricotta, marinara and cheese. Top last layer with remaining marinara and mozzarella cheese. You will likely have left over pieces of eggplant which can be saved for other meals/snacks

5. Cover pan with tin-foil and bake for 25 minutes. Remove tin-foil and bake additional 10 minutes until top is golden brown. Let cool and serve with fresh basil.

INGREDIENTS

- 2, 1-1.5lb Eggplants
- 2 tsp. salt
- 2 large eggs
- 2 cups Italian bread crumbs
- 8oz Kite Hill Ricotta Cheese
- 2 tsp. Italian Seasoning
- 24oz Marinara sauce
- 1.5 cups Violife Mozzarella Cheese, or mozzarella cheese of choice
- 1/4 cup basil, chopped
- Large baking sheet
- Parchment paper
- 8x8 baking pan

SERVINGS: 9

SERVING SIZE: 1 SLICE

NUTRITION FACTS PER

SERVING:

CALORIES: 310

FAT: 14G

PROTEIN: 8G