

Eggplant Lasagna

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Adapted from Hungry Girl

Serves 4, 6 FSP per serving as written

- 1 large eggplant, ends removed
- 8 oz raw 96% lean ground beef
- 1 13/4 cups 0 point marinara (I use recipe from Skinnyish Dish)
- 1 cup fat free ricotta cheese
- 4 sheets oven ready lasagna
- 3 oz shredded part skim mozzarella
- 1 tsp garlic powder, divided
- 3/4 tsp onion powder, divided
- 1/2 tsp italian seasoning
- 1/4 tsp each salt and pepper

1. Preheat oven to 400 degrees. Spray a baking sheet and an 8x8 baking dish with non stick spray.
2. Cut eggplant lengthwise into 9 1/4-1/2 inch slices. Sprinkle with 1/2 tsp each garlic and onion powder. Place on baking sheet and bake for 10 minutes. Flip after 10 minutes and bake until lightly browned and softened, about 10 more minutes.
3. Meanwhile, bring a large skillet sprayed with non stick spray to medium high heat. Add beef, Italian seasoning, 1/4 tsp garlic powder, salt, pepper and remaining 1/4

tsp onion powder. Cook and crumble for about 5 minutes, until fully cooked. Remove from heat, drain and mix in 1 cup marinara sauce.

4. In a medium bowl, mix ricotta with remaining 1/4 tsp garlic powder.
5. Blot eggplant dry. In the baking dish, place about 1/4 cup marinara over the bottom. Evenly layer 1/3 of the eggplant, half of the seasoned ricotta, 2 lasagna sheets (broken into pieces to cover more area) and 1/3 cup of the meat mixture. Repeat layers 2 times. On top of last layer of eggplant, spread 1/4-1/2 cup more marinara sauce. Top with mozzarella.
6. Cover with foil and bake for 30 minutes. Uncover and bake until lasagna sheets are cooked through and cheese has lightly browned, about 8 minutes more.
7. Let cool 10 minutes. Cut into 4 equal pieces.