

Eggplant Lasagna

Serves
8

INGREDIENTS

- + 22 oz raw eggplant
- + olive oil spray
- + ½ tsp salt
- + 3 lbs ground beef or turkey (95-97% lean)
- + 1 jar Rao's Marinara Sauce
- + 32 oz part-skim shredded mozzarella cheese
- + 1 ½ cups grated parmesan cheese
- + 2 cups 2% cottage cheese

DIRECTIONS

- 1 Peel and slice eggplant lengthwise into ¼" slices.
- 2 Lightly spray with oil spray to coat.
- 3 Broil in a single layer about 3-5 min. per side until tender and a little browned. Lightly sprinkle with salt after removing from the oven.
- 4 Brown the ground beef and season to taste with salt and pepper. Add the marinara sauce and heat through.
- 5 Mix the Parmesan and cottage cheese.
- 6 Layer everything in a greased lasagna pan in this order: ⅓ of the eggplant, ⅓ of the sauce/meat, ⅓ of the cottage cheese mixture, ⅓ of the mozzarella. Repeat the layering two more times.
- 7 Bake at 350° about 40 minute, or until bubbly. Let rest 15 minutes before serving.