

Eggplant Lasagna with Marinara and Fresh Basil

Yield: 12 servings

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap cheese with dairy-free alternative

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chives

Ingredients

2 eggplants, sliced lengthwise $\frac{3}{4}$ inch thick (8 slices)

5 Tbsp olive oil

1 cup onion, finely chopped

2 cloves garlic, minced

1 Tbsp thyme, fresh chopped

15 oz whole milk ricotta cheese

3 eggs

1 cup parmesan, finely shredded

2 Tbsp oregano, fresh chopped

2 tsp salt, kosher

$\frac{1}{4}$ tsp black pepper

2 cups marinara

$\frac{1}{2}$ cup basil, fresh chiffonade

Directions

1. Preheat oven to 350°F.
2. Arrange sliced eggplant in a single layer on two sheet pans.
3. Brush on both sides using olive oil (3 Tbsp). Season with salt and pepper.
4. Roast the eggplant until it is soft and golden. Turn slices halfway through (about 20 minutes).
5. In a medium skillet, add the remaining olive oil (2 Tbsp) and sauté onions until soft.
6. Add minced garlic (2 cloves) and chopped thyme (1 Tbsp). Cook for another two minutes.
7. Put onion mixture in a large bowl. Mix in ricotta cheese (15 oz), eggs (3), parmesan ($\frac{1}{2}$ cup), oregano (2 Tbsp), salt (2 tsp), and pepper ($\frac{1}{4}$ tsp).
8. Brush 8-inch baking dish with oil.
9. Evenly coat the bottom of the pan with the marinara (2 cups). Top with the eggplant, followed by the ricotta mixture. Repeat this layering until the ingredients are used up, making sure to finish with enough sauce for a final layer on top.
10. Top the final layer with the remaining parmesan ($\frac{1}{2}$ cup).
11. Bake for 30 minutes or until golden brown.
12. Serve topped with fresh basil ($\frac{1}{2}$ cup).



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Nutrition Facts

Serving size 1 (6.9oz)

Amount Per Serving **195g**

Calories **205**

% Daily Value

Total Fat 13.9g **21%**

Saturated Fat 5.3g **27%**

Cholesterol 65mg **22%**

Sodium 561mg **23%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **15%**

Sugars 6g

Protein 10g **19%**

Vitamin A **13%**

Vitamin C **7%**

Calcium **20%**

Iron **8%**