

# Low-Carb Eggplant Lasagna | 4 SERVINGS

**Prep time:** 30 minutes / **Cooking time:** 45 minutes / **Cooking tools:** Paper towel, 2 baking sheets, sauté pan, 8 x 8 glass baking dish, knives, medium mixing bowl, small mixing bowl, aluminum foil

## LASAGNA INGREDIENTS

- + 2 medium-sized eggplants, cut into rounds or strips
- + 1 tablespoon olive oil
- + 1 tablespoon Italian seasoning
- + 1 cup reduced-fat mozzarella cheese
- + Black pepper to taste
- + Nonstick cooking spray
- + 1/4 cup fresh basil, chopped

## SAUCE INGREDIENTS

- + 16 ounces of low-sugar marinara sauce
- + 1/3 cup mushrooms, diced
- + 1 small sweet onion, diced

## TOPPING INGREDIENTS

- + 1/4 cup Parmesan cheese
- + 1/4 cup almond flour

## INSTRUCTIONS

1. Rinse all the veggies and preheat oven to 400 F
2. Cover two baking sheets with foil and spray with nonstick cooking spray.
3. Remove the ends of the eggplants (you do not need to peel the eggplant) and cut into rounds or long strips.\*
4. Place the eggplant on the baking sheets and brush with olive oil. Sprinkle with Italian seasoning and black pepper. Bake 20–25 minutes.
5. In a sauté pan, add the mushrooms and onions and cook until the onions are just beginning to get soft.
6. Put the marinara sauce into a medium-size bowl. Mix the mushrooms and onions into the marinara sauce
7. Spray an 8 x 8 glass baking dish with cooking spray. Add 1/3 of the marinara sauce and veggie mixture to the bottom of the pan. Add a layer of eggplant rounds or strips to cover. Sprinkle with 1/2 the mozzarella cheese. Add another layer of sauce and eggplant; then, another layer of sauce and mozzarella.
8. In a small bowl, mix together Parmesan cheese and almond flour. Sprinkle over top of lasagna.
9. Cover the baking dish with foil and bake for 20 minutes until cheese is browned or top begins to crisp.
10. Serve with fresh basil.

## PRO TIP

\*Pro-tip: press eggplant strips with paper towel to remove excess moisture.

