

Roasted Eggplant Lasagna

Ingredients:

Non stick spray
 6 dried lasagna noodles
 1 ½ pound eggplant, peeled
 1 medium green bell pepper
 1 large onion
 ¼ cup basil, fresh
 3 cloves garlic
 2 (8oz) cans tomato sauce, unsalted
 1 tbsp. Worcestershire, low sodium
 ¼ tsp. fennel seed
 1 cup cottage cheese, low fat
 1 cup mozzarella cheese, part skim, shredded
 2 tbsp. parmesan grated



*SOY FREE

Nutrition Facts

Serving Size 1 serving (332g)	
Servings Per Container 6	
Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 410mg	17%
Total Carbohydrate 32g	11%
Dietary Fiber 6g	24%
Sugars 11g	
Protein 16g	
Vitamin A 15%	• Vitamin C 45%
Calcium 35%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Preheat oven to 350 degrees Fahrenheit. Spray a 12x8x2 inch glass baking dish with vegetable non-stick spray.
2. In a large stockpot, cook noodles using package directions, omitting salt and oil.
3. Meanwhile, heat a large nonstick skillet over medium-high heat. Remove skillet from the heat and spray with non-stick spray.
4. Cook eggplant, bell pepper, onion and garlic for 10 minutes or until eggplant is tender, stirring occasionally; reduce heat to medium if mixture sticks to skillet.
5. Add tomato sauce, fresh basil, Worcestershire sauce, salt and fennel seeds. Bring to a boil; reduce heat, and simmer uncovered, for 15 minutes or until sauce has slightly thickened and bell pepper is tender. Remove from heat.
6. To assemble, lay 2 noodles lengthwise in baking dish. Spread a 1 cup eggplant mixture over noodles. Spoon half the cottage cheese over sauce; spread evenly. Sprinkle with ¼ cup mozzarella.
7. Repeat layers twice, ending with remaining ½ cup mozzarella.
8. Tuck ends of noodles if overhanging; cover with aluminum foil. Bake for 30 minutes. Remove from oven; discard foil. Sprinkle lasagna with Parmesan; let stand for 5-10 minutes to allow cheese to melt and to make slicing easier.