



EZ Cheesy Lasagna for Two



1/2 of lasagna: 238 calories, 4g total fat (2g sat. fat), 845mg sodium, 31.5g carbs, 5g fiber, 10g sugars, 17.5g protein

Prep: 15 minutes **Cook:** 50 minutes



Ingredients

Two 1/4-inch-thick eggplant slices (cut lengthwise from a long eggplant), patted dry
2 tbsp. (about 1 large) egg whites or fat-free liquid substitute
1/2 cup fat-free ricotta cheese
1 tbsp. chopped fresh basil
1/2 tsp. chopped garlic
1/4 tsp. salt
Dash ground nutmeg
1 cup chopped mushrooms
1 cup canned crushed tomatoes
1/2 tbsp. Italian seasoning
2 sheets oven-ready lasagna noodles
1/4 cup shredded part-skim mozzarella cheese
1 tbsp. reduced-fat Parmesan-style grated topping
Optional: additional salt, black pepper

Directions

Preheat oven to 425 degrees. Spray a baking sheet and a loaf pan with nonstick spray.

Place eggplant slices on the baking sheet, and spray with nonstick spray. Bake until browned and softened, about 20 minutes, carefully flipping halfway through.

Meanwhile, in a medium bowl, combine egg, ricotta, basil, garlic, salt, and nutmeg. Mix well.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms until softened, about 4 minutes.

Stir mushrooms into ricotta mixture.

In a small bowl, mix crushed tomatoes and Italian seasoning. If you like, season to taste with salt and black pepper.

Spread 1/4 cup seasoned tomatoes into the loaf pan. Top with 1 lasagna sheet. Spread with half of the ricotta mixture, followed by another 1/4 cup tomatoes. Top with 1 eggplant slice.

Repeat layering with 1/4 cup tomatoes, 1 lasagna sheet, and remaining ricotta mixture, tomatoes, and eggplant slice.

Sprinkle with mozzarella and Parm. Bake until mozzarella begins to brown and entire dish is hot, 20 - 25 minutes.

MAKES 2 SERVINGS

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