

THREE CHEESE + EGGPLANT LASAGNA

Fall is here! It's time to stock up on all of those eggplants at the market! This lasagna is delicious, easy to make in large quantities, and freezes well. The best part? The pasta doesn't need to be boiled! It's OK to use them raw. They will cook through during the bake, which is why there is so much sauce.

 45 minutes 2 hours 12 portions

INGREDIENTS

- 1 box lasagna noodles (uncooked, doesn't have to be the sheets that are ready to bake)
- 1 large eggplant, thinly sliced (not peeled)
- 2 cups whole-milk ricotta cheese
- 2 cups shredded mozzarella cheese
- 2 cups shredded parmesan cheese
- 2 large eggs
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 3 teaspoons dried parsley
- 6 cups of tomatoes, crushed, canned (1452 g)
- 1 cup chopped onions
- 1/4 cup olive oil
- 6 cloves garlic, chopped
- 1/4 cup basil leaves, rinsed and chopped

COOKING METHOD

- 1° Make the sauce; In a saute pan, over medium heat, saute the onions and garlic in olive oil until browned, about 10 minutes. Add the crushed tomatoes and simmer over medium heat for 15 minutes, or until slightly reduced. Add the chopped basil and set to the side.
- 2° In a large bowl, combine the ricotta, one cup of mozzarella, one cup of parmesan, eggs, salt, pepper, garlic, and parsley. Stir to combine.
- 3° Assemble the lasagna; in a 9 x 13 pan, place 1 cup of sauce in the bottom. Line the bottom with four lasagna sheets. Place a layer of eggplant on top of the noodles, and then 1/3 of the cheese mixture. Top with another cup of sauce, pasta, eggplant, and cheese. Do this once more, with sauce, pasta, eggplant, and cheese. Top the lasagna with the remaining sauce, then cover with aluminum foil.
- 4° Bake the lasagna for 75 minutes (covered with the foil). Uncover and bake for an additional 30 minutes, or until bubbly and the lasagna noodles have started to crisp on the edges. Top with the remaining mozzarella and parmesan, and broil for 5 minutes, or until the cheese is brown and bubbled.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (310 g)	% DRI
ENERGY	141 kcal	436 kcal	22 %
FAT	6 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	3 g	8 g	42 %
CHOLESTEROL	24 mg	76 mg	25 %
SODIUM	253 mg	784 mg	33 %
CARBOHYDRATE	15 g	48 g	16 %
SUGARS	3 g	9 g	—
FIBER	2 g	5 g	21 %
PROTEIN	7 g	22 g	—