

Eggplant Lasagna

Serves: 4

Ingredients

1 tbsp. olive oil	1 ½ tsp. dried oregano
1 medium onion, sliced	¼ tsp. salt (optional)
1 clove garlic, minced	1 medium eggplant, sliced very thin
1 large tomato, sliced very thin	8 oz. shredded part-skim mozzarella cheese
1 cup canned crushed tomatoes	
1 ½ tsp. dried basil	

Preheat oven to 425 degrees.

In a medium nonstick skillet, heat olive oil over medium heat. Sauté onions until tender, about 2-3 minutes. Transfer to 8x8 or 9x13-inch baking dish.

Sauté the garlic for 1 minute. Add the crushed tomato, basil, oregano, and salt, and cook gently over medium-low heat for 10 minutes. Spread a layer of mixture over the onion layer. Add a layer of eggplant and follow with a layer of tomato. Sprinkle with ⅓ of mozzarella cheese over top. Repeat layers until you finish all ingredients. Finish with a layer of mozzarella cheese.

Cover with aluminum foil and bake for 25 minutes, or until vegetables are tender. Uncover and bake 10-15 minutes or until layer of cheese is light brown.

Per serving: 219 calories, 15 g total fat, 16 g protein, 5 g carbohydrate