



Eggplant Lasagna

Serves six

1 large eggplant – sliced lengthwise into thin layers (about the thickness of lasagna sheets)
1/2 pound (250 grams) of ground beef
2 TBS olive oil
1 cup finely chopped white onion (1/2 a large onion)
4 garlic cloves – minced
1/4 cup of chopped bell pepper
2 TBS grated carrots
1 – 28 oz. (794 grams) can of finely chopped or crushed tomatoes
1 TBS dried oregano
3 TBS chopped fresh basil leaves
1/2 cup of shredded Mozzarella cheese
1/2 cup shredded Parmesan cheese
Salt & Pepper

Layer the eggplant slices into a colander and salt each layer. Sit the colander in the sink and allow the eggplant to release its liquid.

Heat 1/2 a TBS of olive oil in a skillet and add the beef. Add salt and pepper to the meat and mix. Cook until the beef is browned. Once it is browned drain in a colander inside a bowl to get rid of the excess rendered fat. Wipe down the skillet as you will need it to brown the eggplant.

Heat 1 TBS of oil in a pot and add the onion. Cook for 5 to 6 minutes until it softens and starts to lightly brown. Add the garlic and bell pepper and cook for a couple of minutes. Add the grated carrots and mix. Return the ground beef to the pot and mix. Add the tomatoes, some salt & pepper and the oregano and mix well. Bring the tomato sauce to a boil, cover the pot, lower the heat and simmer for about 20 minutes.

Heat your oven to 350 degrees F (175 F).

Add the remaining oil to the skillet and heat. Discard all the juice that the eggplant rendered and start browning it. Lightly brown one side and flip to brown the other – you really only want to soften the eggplant and make pliable – and remove it to a paper towel lined dish.

Start assembling the lasagna in a 9x9.5 inch casserole dish. You can use a 9x13 but will need to adjust your ingredients a bit.

Place a layer of 1/3rd of the meat sauce on the bottom of the pan and top with some chopped basil leaves and some shredded Mozzarella and Parmesan cheese. Place half of the eggplant on top. Repeat the process – 1/3rd of meat sauce, basil, cheeses and eggplant. Top it with the rest of the meat sauce, basil and the two cheeses.

Place the lasagna in the oven and bake for about 30 minutes or until the sauce is bubbly and the cheese has melted. Remove from oven and allow sitting for about 10 minutes before you slice and serve,

CALORIES 344.91; FAT 18.37 grs (sat 7.32; mono 7.92; poly 01.83); PROTEIN 20.05 grs ; FIBER 5.74 grs; CARBS 27.68 grs; CHOLESTEROL 39.95 mg; IRON 9.42 mg; SODIUM 898.97 mg; CALCIUM 537.59 mg