



## Eggplant Lasagna

<b>9</b> whole grain lasagna noodles	<b>1 14½ ounce</b> can Italian flavored tomatoes	<b>Dash</b> salt and pepper
<b>½ teaspoon</b> vegetable oil	<b>1 24 ounce</b> jar low-sodium marinara sauce	<b>15-16 ounces</b> low-fat ricotta cheese
<b>2</b> cloves garlic, chopped	<b>½ teaspoon</b> dried basil	<b>1¾ cups</b> shredded mozzarella cheese
<b>1</b> medium onion, chopped	<b>½ teaspoon</b> oregano	<b>1¾ cups</b> shredded low-fat cheddar cheese
<b>1</b> eggplant, peeled and finely chopped	<b>⅙ teaspoon</b> crushed red pepper flakes	
<b>3 cups</b> chopped raw spinach		

**Preheat** the oven to 350 degrees F. **Grease** a 9x13- inch baking pan. Bring a large pot of lightly salted water to a rolling boil. **Cook** the lasagna noodles until tender, but still slightly firm (approximately 10 minutes); **drain** and set aside. **Heat** the oil in a large skillet and **sauté** the onion and garlic until golden. **Add** chopped eggplant to skillet and **cook** until very soft and tender. **Add** chopped spinach to the skillet and **cook** until wilted. **Stir** in the tomatoes, marinara, basil, oregano, crushed red pepper flakes, salt and pepper; simmer for 5 minutes. **Remove** from heat. **Layer** 3 noodles on bottom of pan. **Spread**

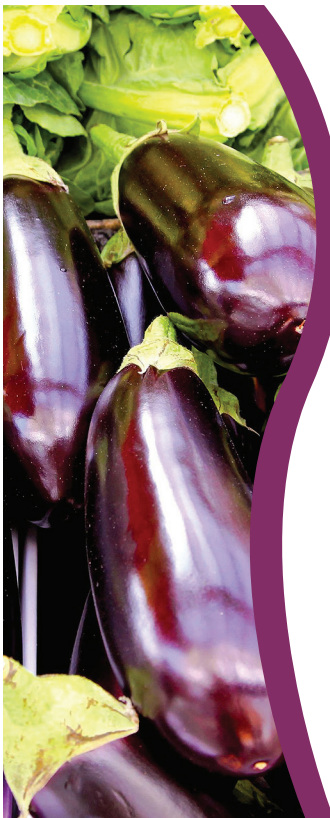
one-third of the ricotta cheese on top of noodles, spoon one-third of sauce on top, and sprinkle with one-third mozzarella and cheddar cheese. **Repeat**, layering with remaining ingredients, ending with a layer of cheese. **Bake** 35 minutes or until cheese on top is melted and golden brown. Let casserole rest 10 minutes before cutting.

**Yield:** 12 servings

**Nutritional Analysis:** 260 calories, 11 g fat, 5 g saturated fat, 30 mg cholesterol, 600 mg sodium, 25 g carbohydrate, 6 g fiber, 8 g sugar, 18 g protein



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# Kentucky Eggplant

**SEASON:** Late June to October.

**NUTRITION FACTS:** Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a half cup serving.

**SELECTION:** Select firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size eggplant, about 3 to 4 inches in diameter.

**STORAGE:** Store soon after harvest or purchase in the vegetable crisper in the refrigerator. Use within one week.

**PREPARATION:** Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried, stuffed or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions, and cheese. One pound equals 3 cups diced. Eggplant should be peeled before

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

preparation, unless it is very young and tender.

**To broil or grill:** Cut into three-fourth inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

**To season:** Use marjoram, oregano, allspice, chili powder, curry powder, garlic, basil or rosemary.

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### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human  
Nutrition students

### August 2013

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