



EGGPLANT LASAGNA

RECIPE

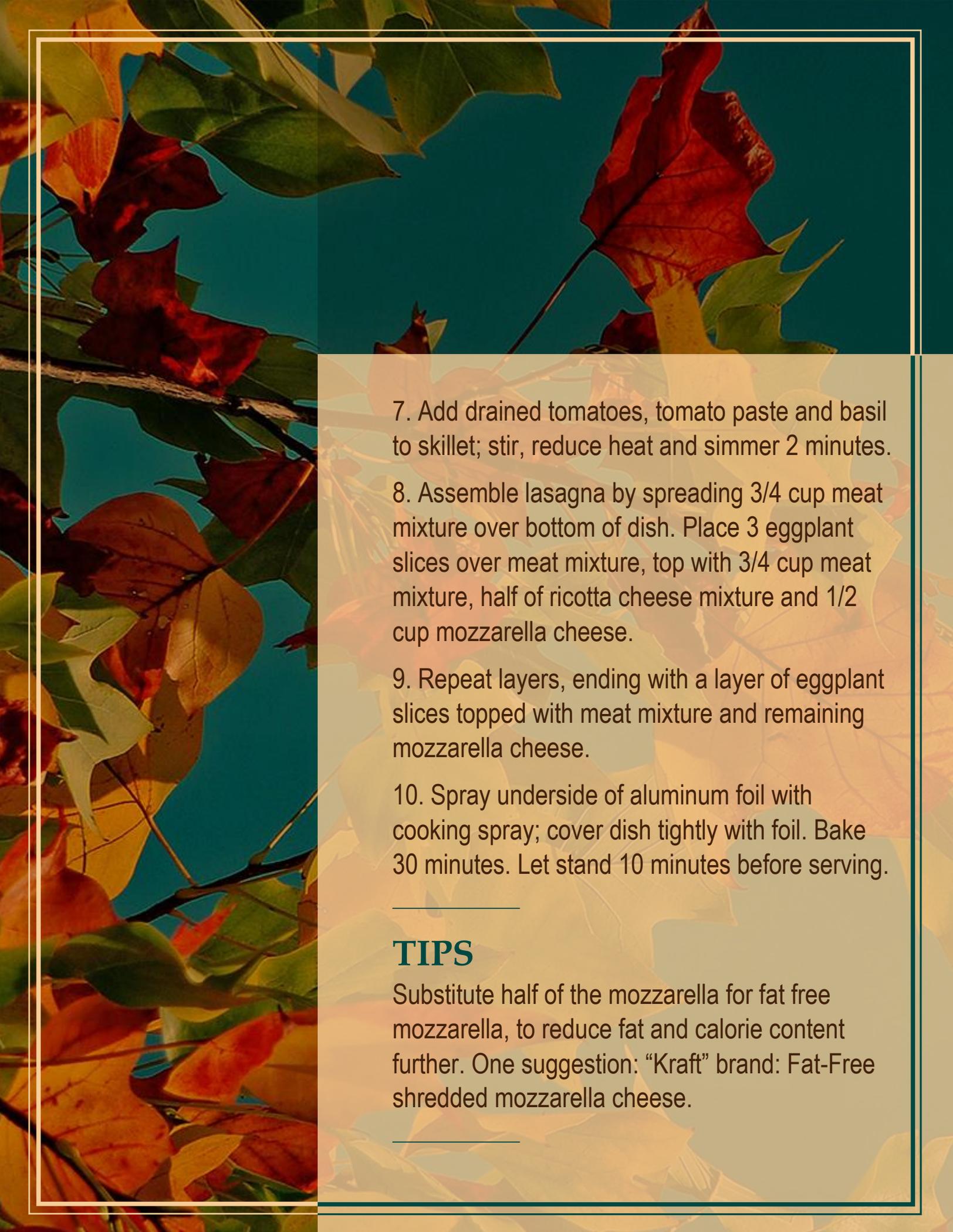
INGREDIENTS

- 1 cup part-skim ricotta cheese
- 3/4 cup grated Parmesan cheese
- 3/4 teaspoon dried Italian seasoning
- 1 large eggplant (about 1 pound), cut into 1/4-inch thick lengthwise slices
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 package (20 oz) lean ground turkey
- 3/4 cup chopped yellow onion
- 1 tablespoon finely chopped garlic
- 1 can (14.5 ounces) Hunt's Original Diced Tomatoes, No Salt Added, drained
- 1/4 cup Hunt's Tomato Paste (or Hunt's Organic)
- 1/4 cup thinly sliced fresh basil
- 1-1/2 cups shredded part-skim mozzarella cheese



INSTRUCTIONS

1. Heat oven to 350F. Spray 8-by-8-inch glass baking dish with cooking spray.
2. In small bowl, combine ricotta cheese, Parmesan cheese and Italian seasoning; set aside.
3. Heat grill pan over medium-high heat. Brush eggplant slices with oil; sprinkle both sides with salt and pepper.
4. In batches, place eggplant on grill pan. Cook each side 1-2 minutes or until lightly browned and tender. Remove and place on baking sheet lined with paper towels; pat to remove excess moisture.
5. Spray large skillet with cooking spray; heat over medium-high heat. Add turkey and cook 3 minutes, stirring occasionally.
6. Add onion and garlic; cook 2-3 minutes more or until onion is tender and turkey is crumbled and no longer pink. Drain.



7. Add drained tomatoes, tomato paste and basil to skillet; stir, reduce heat and simmer 2 minutes.

8. Assemble lasagna by spreading 3/4 cup meat mixture over bottom of dish. Place 3 eggplant slices over meat mixture, top with 3/4 cup meat mixture, half of ricotta cheese mixture and 1/2 cup mozzarella cheese.

9. Repeat layers, ending with a layer of eggplant slices topped with meat mixture and remaining mozzarella cheese.

10. Spray underside of aluminum foil with cooking spray; cover dish tightly with foil. Bake 30 minutes. Let stand 10 minutes before serving.

TIPS

Substitute half of the mozzarella for fat free mozzarella, to reduce fat and calorie content further. One suggestion: “Kraft” brand: Fat-Free shredded mozzarella cheese.
