

Slow Cooker Eggplant Lasagna

I am a sucker for Italian food, especially lasagna. What I love about this lasagna is the added eggplant in place of some noodles. In my opinion, the swap for veggies helps add more balance to the meal. I also used canned tomato puree with seasonings + fresh basil in place of marinara to help reduce sodium, making this a heart-healthy choice. Give this a try alongside a salad with light dressing for a more complete meal!

Ingredients:

1 medium	Eggplant
15 oz	Part skim Ricotta cheese
3 clove	Garlic, minced
2 tsp	Ground black pepper
4 tbsp	Basil, chopped
¼ cup	Italian seasoning
½ cup	Parmesan cheese, shredded
1 medium	Egg
4 cups	Tomato puree
1 tbsp	Garlic powder
1 tbsp	Onion powder
1 cup	Part skim mozzarella cheese, shredded
8 oz	Oven ready lasagna noodles (about 12 noodles)

Directions:

1. Prep the eggplant by cutting it in ¼" thick slices. Set them on parchment paper and lightly salt the tops. Wait 8 minutes. Then, flip and repeat with the salt. After 10 minutes, rinse the eggplant and set on a paper towel to dry.
2. While eggplant slices "sweat", mix the ricotta, garlic, 2 tbsp chopped basil, 2 tbsp Italian seasoning, and ¼ cup parmesan cheese. Once mixed, add in the egg and mix. In a separate bowl, whisk tomato puree, remaining basil and Italian seasoning, garlic powder, and onion powder.
3. Spray slow cooker with cooking spray.
4. Spread a thin layer of tomato mixture on the bottom of the slow cooker.
5. Start layering in this order: 4 noodles (break as needed), ½ ricotta cheese mixture, eggplant slices (enough to make a single layer), 1 cup sauce, 4 noodles (break as needed), remaining ½ of ricotta cheese mixture, 1/3 cup shredded mozzarella cheese, single layer of eggplant slices, 1 cup sauce, 1/3 cup shredded mozzarella cheese and remaining parmesan cheese, 4 noodles, remaining sauce, 1/3 cup cheese.
6. Cover the slow-cooker. Cook on high for 2.5-3 hours.

Servings: 6 servings
 Serving size: 1 slice (413 g)

Slow Cooker Eggplant Lasagna		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	485.6	
% Daily Value*		
Total Fat	14.5 g	19 %
Saturated Fat	8.1 g	41 %
Trans Fat	0.2 g	
Cholesterol	71.1 mg	5 %
Sodium	701.6 mg	31 %
Total Carbohydrate	62.9 g	23 %
Dietary Fiber	13.3 g	48 %
Total Sugars	16.5 g	
Added Sugars	0 g	0 %
Protein	29.5 g	
Vitamin D	0.3 mcg	2 %
Calcium	525.3 mg	40 %
Iron	4.5 mg	25 %
Potassium	1214 mg	26 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>