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Eggplant Lasagna Recipe

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Author: [Sylvia Fountaine](#) | [Feasting at Home](#) Prep Time: 30 mins

Cook Time: 75 mins Total Time: 1 hour 45 minutes Yield: 8

Category: main, vegetarian main Method: baked Cuisine: Italian

Diet: Vegetarian

Description

Roasted Eggplant Lasagna made with no-boil [lasagna noodles](#) and topped with [Arugula Pesto](#). A delicious, healthy vegetarian dinner recipe that is comforting and nourishing. Vegan and GF adaptable.

Ingredients

3 large eggplants (about 3 lbs)

1 teaspoon [salt](#)

2 tablespoons [olive oil](#), [spray olive oil](#) or [ghee](#)

1 tablespoon [olive oil](#)

one onion, diced

4-8 garlic cloves, rough chopped

6 ounces baby spinach, about 2 extra-large handfuls

[Salt](#) and pepper to taste (1/4 teaspoon each)

16-ounce tub of whole milk ricotta (or sub [tofu ricotta](#))

1 large egg

1/4 cup chopped basil

1/2 teaspoon [salt](#)

1/4 teaspoon [nutmeg](#)

1/4 teaspoon pepper

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24-ounce jar [marinara sauce](#), about 3 cups
8 no-boil [lasagna noodles](#) (or sub- [gluten-free lasagna noodles](#))
1– 1 1/2 cups grated mozzarella (or meltable vegan cheese)
1/4– 1/3 cup [pecorino](#) (or parm, but I like [pecorino](#) better here)
1/4–1/2 teaspoon chili flakes (optional)

One batch [Arugula Almond Pesto](#)

1 large garlic clove
1/4 cup [toasted almonds](#), [pinenuts](#) or [smoked almonds](#)
1/2 cup packed basil leaves
1 cup packed arugula
1 teaspoon lemon zest
1 tablespoon fresh lemon juice
1/3–1/2 cup light flavored [olive oil](#) (make sure oil is not bitter)
1/4 teaspoon [salt](#) (if your almonds are heavily salted, use [salt](#) to taste.)
1/4 cracked pepper

Instructions

- 1 Preheat oven to 400 F
- 2 **Sweat and ROAST EGGPLANT:** Slice eggplant into 1/2-inch thick slices and place on two [parchment](#)-lined sheet pans. Sprinkle half the [salt](#) over the top as evenly as possible. Turn each piece over and sprinkle the remaining [salt](#). Let the eggplant sit (and sweat) 15-20 minutes while the oven gets hot. When the eggplants look damp, pat the top side down with paper towels. Brush or spray with [olive oil](#). Flip them. Blot with paper towels, spray with [olive oil](#). Roast in the middle of the oven for 30-40 minutes, checking at 25 minutes. Roast until golden and tender. Thinner slices will cook faster, thicker slower. Watch your eggplant!
- 3 **SPINACH FILLING:** While the eggplant roasts, make the filling. In a large skillet, saute the onion, over medium heat until tender about 5-7 minutes. Add the garlic and saute until fragrant. Add the fresh

spinach, lowering heat, gently wilting. Season with [salt](#) and pepper, turn heat off.

- 4 **RICOTTA MIXTURE:** In a medium bowl, whisk with a fork, the ricotta, egg, [nutmeg](#), basil and [salt](#). Set aside.
- 5 **ASSEMBLE:** Spray or brush a 9×13 [baking dish](#) (or 12-inch [round baking dish](#)) with [olive oil](#). Place 3/4 cup marinara sauce on the bottom, or enough to cover the bottom. Place the no-boil [lasagna noodles](#) over top. Spread another thin layer of marinara over the pasta, or just enough to lightly coat. Add **half** the roasted eggplant, overlapping a little if need be. Dot with **half** of the ricotta mixture. Spoon **all** of the wilted spinach mixture over top evenly. Sprinkle with 1/2- 3/4 cup mozzarella and 1/8 cup [pecorino](#). Add another layer of pasta sheets. Lightly cover with 3/4 cup marinara (you'll need one more layer of marinara for the top, so if it looks like you could run out, water this down a bit here.) Next add the remaining eggplant, overlapping if need be. Smother with the remaining [marinara sauce](#) and spoon the remaining ricotta in fluffy dollops over the top. Sprinkle with a few chili flakes, 1/2 cup mozzarella cheese and 1/8 [pecorino](#).
- 6 **BAKE:** Cover with foil (if your lasagna comes to the top edge of the [baking dish](#), cover with [parchment](#) first and then with foil) and bake in a 375 F oven for 45-50 minutes, uncover and bake 10-20 more minutes, until golden and bubbling.
- 7 While it is baking make the [Arugula Pesto](#) – place everything in [food processor](#) and pulse until combined, but not too smooth. Add more oil, to make it looser if you like, or less to make it thicker.
- 8 The lasagna is done when it is golden, bubbling and slightly puffed in the center.
- 9 Let it rest 5 minutes before serving, dot it with [Arugula pesto](#) or serve it on the side.

Notes

- i **Additions:** Feel free to add ground meat or mushrooms to the onion mixture to “beef” it up. I find the eggplant is quite filling on its own, but up to you. Just make sure your filling is seasoned and flavorful if adding to it. 😊

- i **LOW CARB:** YES you could leave out the lasagna sheets altogether and use the eggplant as the “pasta” here for a keto version. I would **add one more** eggplant. I like the structure the [lasagna noodles](#) bring, but it’s good without too.
- i **VEGAN:** Sub [Tofu Ricotta](#) adding basil and [nutmeg](#). Sub meltable vegan cheese.
- i If using a [sugar-free marinara sauce](#)– add 1-2 teaspoons [maple syrup](#) to the sauce- otherwise too acidic.
- i To reheat, **let it come to room temp**, cover, bake at 350F or 375F oven for 25-30 minutes. Or microwave.

Nutrition

Serving Size: 1/8th without pesto

***Keywords:** Eggplant Lasagna, roasted Eggplant lasagna, keto eggplant lasagna, low carb eggplant lasagna, vegetarian lasagna, vegetarian lasagna recipe,*



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