

Zucchini Eggplant (Aubergine) Low-Carb Lasagna



By MsMcGivie on June 22, 2005

★★★★★ 3 Reviews



Prep Time: 45 mins **Total Time:** 1 hrs 45 mins **Serves:** 8, **Yield:** 1 9X13 pan

About This Recipe

"A friend brought this to a pot-luck. No noodles, so lower carb. All the veggies make this recipe pretty healthy, and you can use whatever types of dairy you prefer--whole fat, low fat, it always seems to come out great. I'm going to try a version with soft tofu instead of ricotta."

Ingredients

- 1 medium zucchini
- 1 medium eggplants
- 1 large onions, chopped
- 3 garlic cloves, chopped
- 6 sweet Italian turkey sausage links, about 1 1/4 lbs, chopped (optional)
- 1 red bell peppers, chopped
- 1 (8 ounce) packages sliced mushrooms
- 1 (10 ounce) packages frozen spinach, thawed
- 28 ounces pasta sauce, any style
- 1 (15 ounce) containers fat-free ricotta cheese
- 4 ounces low fat cottage cheese
- 2 scallions, chopped
- 2 eggs
- 3 cups low fat mozzarella
- 1/2 cup parmesan cheese, freshly grated
- 1 dash ground nutmeg
- salt
- pepper
- olive oil flavored cooking spray
- 3 tablespoons olive oil

Directions

1. Peel eggplant. Slice eggplant and zucchini lengthwise into thin strips (about 1/4 inch). Place on baking sheet, spray with olive oil, sprinkle with salt and pepper. Broil these, turning and re-spraying with oil once, until lightly browned on both sides. These are your "noodles". It's time-consuming, but it's SO worth it!

Directions

2. In a large heavy-bottomed pot, heat olive oil. Saute onion and garlic until just beginning to brown. Add chopped turkey sausage, if using. Cook about 10 minutes. Add red pepper and mushrooms, stirring gently. Cook 5 minutes. Add jarred pasta sauce and thawed spinach (squeeze out most of the liquid). Simmer about 10 more minutes.
3. Combine ricotta, cottage cheese, eggs, scallions and nutmeg. Set aside.
4. Preheat oven to 375°F.
5. Layer 1/3 of sauce in 9x13 baking dish. Layer 1/2 eggplant and zucchini slices. Top with 1/2 ricotta mixture, 1/3 mozzarella, and 1/3 parmesan.
6. Repeat.
7. Top with final 1/3 sauce, then mozzarella and parmesan. Cover with foil and bake one hour. Remove foil for last 5-10 minutes.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (349 g)			
Servings Per Recipe: 8			
Amount Per Serving	% Daily Value		
Calories 241.2			
Calories from Fat 104	43%		
		Total Fat 11.6g	17%
		Saturated Fat 3.1g	15%
		Cholesterol 55.4mg	18%
		Sugars 13.9 g	
		Sodium 602.6mg	25%
		Total Carbohydrate 25.0g	8%
		Dietary Fiber 7.3g	29%
		Sugars 13.9 g	55%
		Protein 11.1g	22%

