

JULIE'S NO PASTA LASAGNA

Ingredients

- 1 small eggplant
- ½ c. vegetable broth
- 15-oz container fat free ricotta cheese
- 1 ½ c. fat free shredded mozzarella cheese
- ½ can (12 oz) Hunt's spaghetti sauce
- 4 oz. Extra Lean Ground Beef (96%)
- 1 egg
- 1 tsp. salt
- 1 tsp. pepper
- ½ tsp. nutmeg

Some Healthy Substitutions:

Try using ¼ c. Egg Beaters instead of 1 egg

If you can't find fat free ricotta cheese, try using fat free cottage cheese or 0% Greek strained yogurt

Directions

1. Peel the eggplant and cut into pieces ½ to 3/8 inch slices.
2. Place the slices in a glass baking dish with ½ c. vegetable broth.
3. Bake at 375° until tender.
4. Place on paper towels and pat dry.
5. Combine the spaghetti sauce and ground beef.
6. Thoroughly mix ricotta, egg, salt, pepper, and nutmeg.
7. Coat a 9"x9" glass baking pan with non-stick spray.
8. Layer the ingredients in the pan twice; first sauce, then ricotta, then eggplant, then mozzarella (and repeat).
9. Bake at 350° for about 20 minutes or until mozzarella on top starts to brown.

Yields: 8 servings

Calories: 140

Fat: 2g

Protein: 16g

Carb: 14g (3g fiber)

RECIPES



For eating well
after bariatric
surgery

Julie says, Try pureeing this mixture while on the pureed diet!



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