

Baked Eggplant with Three Cheeses

February 23, 2023

- 1 large eggplant (about 1¼ lb), cut into ½ inch thick rounds
- ¾ cup marinara sauce, divided
- 1 cup part-skim ricotta
- 6 tbsp shredded part-skim mozzarella, divided
- 4 tbsp grated Parmesan, divided
- Chopped spinach, frozen (optional)
- ½ tsp salt
- 1/8 tsp black pepper
- Cooking spray



1. Preheat the broiler. Coat a rimmed baking sheet with cooking spray. Arrange the eggplant in a single layer on the baking sheet. Spray with cooking spray.
2. Broil until well browned, about 5 minutes. Turn the eggplant over and spray again. Broil until well browned and tender, about 5 minutes longer. Remove from the oven and reduce temperature to 375 degrees.
3. Spread ½ cup sauce on the bottom of an 8 inch square baking dish. Top with half the eggplant. In a medium bowl, combine the ricotta, 4 tbsp mozzarella, 2 tbsp Parmesan, spinach, salt, and black pepper. Spread the mixture over the eggplant.
4. Top with the remaining eggplant, then spoon over the remaining ¼ cup sauce, and sprinkle with the remaining 2 tbsp mozzarella and 2 tbsp Parmesan.
5. Bake until the sauce is bubbly around the edges and the cheese is melted, about 20 minutes. Let the eggplant stand for 5 minutes before cutting into 4 pieces.

*Per serving (1 piece): 208 Cal, 12g Total Fat, 6g Sat Fat, 747mg Sod,
15g Total Carb, 5g Sugar, 5g Fib, 14g Prot.*