



Lakeland Natural Health

## Eggplant Lasagna

\*Use Organic Ingredients when possible

### **Ingredients:**

1	Package	Spinach
1	Large	Eggplant
3	Cloves	Garlic
1	Can	Cooked White Beans (drained and rinsed)
2	Cups	Diced tomatoes
1	Can	Tomato Paste
1-2	Tbs	Balsamic Vinegar
		Olive Oil (see below)
		Salt and Pepper (to taste)
		Parmesan Cheese (Grated from the block)

### **Instructions:**

#### **Prepare Marinara**

1. Finely chop 1 clove of garlic and add it to a bowl with the diced tomatoes, tomato paste, balsamic vinegar, salt and pepper. Mix and set aside

#### **Prepare Layers**

1. Peel and slice eggplant into  $\frac{1}{4}$  inch slices, place on a sheet pan, drizzle with 1-2 tablespoons of olive oil, salt, and pepper. Roast in the oven at 450 degrees F, turning once  $\frac{1}{2}$  way through until lightly browned and starting to soften. Take out of oven but keep oven at 450 degrees
2. Cook spinach in a large frying pan, add 1-3 teaspoons olive oil, and wilt over medium heat. Season with salt and pepper. Wilting will take 2-3 minutes. Transfer to a plate to cool. Wipe out pan for cooking the white beans.

3. In the same frying pan used to cook the spinach, add two finely chopped cloves of garlic and 2 teaspoons of olive oil. Cook until fragrant. Add White beans,  $\frac{1}{4}$  cup of water. Cook until beans are warmed through. About 2-3 minutes. Transfer beans to a medium bowl and smash with a fork until they are a coarse paste. Stir well to incorporate liquid. Salt and pepper to taste.

### **Assemble Lasagna**

1. In a medium baking dish drizzle 2-3 teaspoons of olive oil to prevent sticking. Arrange a layer of eggplant slices slightly overlapping. Spread the white bean mash evenly over the eggplants, top with cooked spinach evenly. If you have extra eggplant ... repeat steps until all ingredients are used. Pour marinara over the eggplant. Bake until lasagna is warmed through and the marinara is bubbling. About 5-7 minutes.

Serve topped with parmesan cheese to taste (grated from the block)