

# Eggplant Parmesan

## Ingredients:

### 8 Servings

21.75 oz raw eggplant  
Olive Oil to spray the eggplant  
1/2 tsp salt  
1.5 pounds ground beef (95% - 97% lean)  
(replace with low fat ricotta cheese for the vegetarians)  
2 cups Rao's Marinara Sauce  
16 oz part-skim mozzarella cheese, shredded  
3/4 cup (3 oz) parmesan cheese, shaker grated—6  
condiments  
3/4 cup 2% cottage cheese



## Directions:

Trim the ends off of the eggplants. Peel them and slice lengthwise into 1/2" slices. You should get 6-8 long slices from each eggplant. Lightly spray both sides of the eggplant slices with oil spray to coat. Place them in a single layer on a baking sheet (you may need to do them in two batches.) Broil about 3-5 minutes per side until tender and a little browned. Watch them closely because they can burn quickly. Lightly sprinkle them with salt after removing from the oven.

Brown the ground beef and season to taste with salt and pepper. Add the marinara sauce and heat through.

Layer everything in a greased 7x9x3" baking dish in this order: 1/3 of the eggplant slices, 1/3 of the sauce, 1/3 of the mozzarella,. Divide your cottage cheese (and ricotta if vegetarian) between the layers. Repeat the layering two more times then sprinkle with the Parmesan cheese. If you don't have that size baking dish, use a 9x13" baking dish and make 2 layers of each ingredient using half of everything per layer in the same order. Bake at 350 for about 30 minutes or until the cheese is bubbly. Enjoy!