

# EGGPLANT *Lasagna*

**\$2.20**

*per serving*

**30** MINUTES  
OR LESS

**10** INGREDIENTS

*Buy Local!*

**2 eggplants**, sliced into 12 1/4-inch slices lengthwise\*

2 lemons, juiced (-1/3 cup)

12-ounce block extra firm tofu, drained and pressed  
dry for 10 minutes (or use **ground beef**)

3 Tbsp nutritional yeast

1/2 cup fresh basil, finely chopped

1 Tbsp dried oregano

3-4 Tbsp extra virgin olive oil

Salt + Pepper (-1/2 tsp each)

TO SERVE: Parmesan cheese

2-3 cups favorite marinara/red sauce

**Fresh basil**, chopped (optional)



\*highlighted ingredients can be bought at the market!



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# HOW TO: EGGPLANT LASAGNA

1. Preheat oven to 425 degrees F.
2. Salt eggplant slices on both sides and arrange in a colander in the sink to remove excess water/bitterness for 15 minutes.
3. Rinse salted eggplant slices well and dry thoroughly between two clean absorbent towels. Lay a baking sheet on top and place something heavy on top to absorb excess moisture.
4. Arrange slices on 1-2 baking sheets in an even layer and bake in a 425 oven for 13-15 minutes. Set aside and reduce heat to 375 degrees F.
5. While eggplant is baking, add all tofu filling ingredients to a food process or blender and pulse to combine, scraping down sides as needed. You are looking for a semi-pureed mixture with bits of basil still intact. Taste and adjust seasonings as needed, adding more salt and pepper for flavor, nutritional yeast for cheesiness, and lemon juice for brightness.
6. Pour about 1 cup marinara sauce into an 8x8 baking dish (or similar sized dish) and reserve rest of sauce for topping / serving. Set aside.
7. Scoop generous amounts (about 3 Tbsp) of ricotta filling onto each eggplant slice or lasagna noodle and roll up. Place seam side down in the sauce-lined baking dish. Continue until all filling and noodles or eggplant strips are used up. Pour more sauce down the center of the rolls for extra flavor.
8. Bake in a 375 degree oven for 15-23 minutes, or until sauce is bubbly and warm and the top of the rolls are very slightly browned. Serve immediately with additional parmesan cheese and fresh basil. Leftovers keep for a couple of days, though best when fresh.

## *why is it healthy?*

### EGGPLANT

Eggplants are full of fiber, potassium, magnesium and antioxidants. One cup has only 20 calories.

### TOFU

Tofu is a great source of protein and contains all eight essential amino acids, it is also a great source of iron and calcium.

### TOMATO SAUCE

Tomatoes are one of the best sources of lycopene which protects the skin from ultra-violet (UV) rays and thus offers some defence against skin cancer.

**This recipe is from Minimalist Baker**

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/eggplant-lasagna-roll-ups/>

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