Turkey Eggplant Layered Lasagna

A low-carb, high-protein turkey and eggplant lasagna that's easy to prepare and oven-baked to perfection for two.

Servings: 2 **Time:** 55 minutes

Ingredients

- 1 medium eggplant (about 1 lb), sliced into 1/4 inch rounds
- 8 oz ground turkey
- 1 cup marinara sauce (sugar-free)
- 1/2 cup ricotta cheese
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon dried Italian seasoning
- Salt and pepper to taste
- Fresh basil leaves (optional, for garnish)

Instructions

1. Preheat the oven to 375°F.
2. Spray a baking sheet with cooking spray and arrange eggplant slices in a single layer. Lightly salt them and bake for 15 minutes, flipping halfway, until tender.
3. While eggplant is baking, heat olive oil in a skillet over medium heat.
4. Add chopped onion and sauté for 3 minutes until translucent.
5. Add garlic and cook 1 minute more until fragrant.
6. Add ground turkey, breaking it up with a spoon. Cook until no longer pink, about 5-7 minutes.
7. Season with Italian seasoning, salt, and pepper. Stir in marinara sauce and simmer for 3 minutes.
8. In a small bowl, mix ricotta cheese with a pinch of salt and pepper.
9. In a small baking dish (about 8×8 inches), start layering: spread a thin layer of turkey sauce on the bottom.
10. Add a layer of eggplant slices, then spread half the ricotta over eggplant, followed by a third of the mozzarella.
11. Repeat with remaining turkey sauce, eggplant, ricotta, and another third of mozzarella.
12. Finish with a final layer of eggplant and top with remaining mozzarella and Parmesan cheese.

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13. Cover with foil and bake for 20 minutes. Remove foil and bake an additional 10 minutes until cheese is golden and bubbly.
14. Let cool for 5 minutes before serving. Garnish with fresh basil if desired.

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