

Eggplant Lasagna

Yield: 12 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-eggplant-and-ground-beef-recipe>

Ingredients:

- 24 ounces pasta sauce Rao's
- 1 1/2 pounds ground beef
- 1 teaspoon Italian seasoning
- 2 eggplants large
- olive oil spray
- salt
- 1/2 teaspoon oregano
- 10 ounces ricotta cheese
- 1 cup cottage cheese
- 1 egg
- 1 egg yolk
- 1/2 cup cooked spinach squeezed dry
- 2 cups mozzarella cheese

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 105 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 22 grams
7. SaturatedFat: 9 grams
8. Sodium: 540 milligrams
9. Sugar: 8 grams
10. TransFat: 0.5 grams

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