



# Delicious Eggplant Lasagna Recipe to Try

## Introduction

Eggplant lasagna is a delicious twist on the traditional Italian dish, offering a hearty and flavorful alternative that's completely vegetarian. This recipe from Love and Lemons highlights the use of roasted eggplant instead of pasta, making it a lighter yet satisfying meal. With layers of creamy ricotta filling, marinara sauce, and melted mozzarella, this dish is sure to impress family and friends.

## Ingredients

2 to 3 large eggplants (4 pounds), stemmed and sliced vertically into ¼-inch-

**thick planks**

**Sea salt**

**Extra-virgin olive oil, for drizzling**

**1½ cups marinara sauce**

**2 cups grated mozzarella cheese**

**¼ cup grated Parmesan cheese**

**Red pepper flakes, for sprinkling**

**Fresh basil leaves, for garnish**

**For the Filling:**

**2 cups (16 ounces) whole milk ricotta cheese**

**1 large egg, beaten**

**¼ cup grated Parmesan cheese**

**2 garlic cloves, grated**

**1 teaspoon dried oregano**

**1 teaspoon lemon zest**

**½ teaspoon sea salt**

**Freshly ground black pepper**

## Prep Time

**Preparation time for eggplant lasagna is approximately 20 minutes, plus an additional 30 minutes for letting it rest after baking.**

## Cook Time

**The cooking time is around 30 minutes, during which the lasagna bakes until the cheese is golden and bubbly.**

## Total Time

**The total time required to prepare and cook this dish is about 1 hour and 20 minutes, including both preparation and cooking time**

## Yield

**This recipe yields approximately 6 to 8 servings, making it perfect for a family dinner or a gathering with friends.**

## Instructions

- 1. Prepare the Eggplant:** Preheat the oven to 425°F and line three large baking sheets with parchment paper. Arrange the eggplant planks in a single layer on clean kitchen towels and sprinkle with salt. Let them sit for 20 minutes to draw out moisture. Pat the eggplant dry and transfer to the prepared baking sheets. Drizzle generously with olive oil, toss to coat, and arrange in a single layer. Roast for 20 to 25 minutes, or until tender and golden brown, flipping the eggplant and rotating the pans halfway through.
- 2. Make the Filling:** In a large bowl, stir together the ricotta, egg, Parmesan, garlic, oregano, lemon zest, salt, and pepper.

**3. Assemble the Lasagna:** Brush a 9×13-inch or similar baking dish with olive oil and spread  $\frac{1}{2}$  cup of the marinara sauce on the bottom. Cover with a layer of roasted eggplant slices. Top with half the ricotta mixture and dot with another  $\frac{1}{2}$  cup of the marinara. Repeat with another layer of eggplant, the remaining ricotta mixture, and the remaining  $\frac{1}{2}$  cup marinara. Add a final layer of eggplant, then sprinkle the mozzarella and Parmesan cheeses on top.

**4. Bake:** Bake for 30 minutes, or until the cheese on top is browned and bubbling. Let stand for 30 minutes. Sprinkle with red pepper flakes and garnish with fresh basil. Slice and serve.

## Detailed Directions and Instructions

### Prepare the Eggplant

- Preheat the oven to 425°F and line three large baking sheets with parchment paper.
- Arrange the eggplant planks in a single layer on clean kitchen towels and sprinkle them with sea salt. Allow the eggplant to sit for 20 minutes to draw out excess moisture.
- After 20 minutes, pat the eggplant dry using another kitchen towel. Transfer the planks to the prepared baking sheets, drizzle generously with olive oil, toss to coat, and arrange in a single layer.
- Roast the eggplant for 20 to 25 minutes, or until they are tender and golden brown. Make sure to flip the eggplant and rotate the pans halfway through roasting.

See also [Bruschetta Pita Pizza with Bacon](#)

### Make the Filling

- In a large bowl, combine the ricotta cheese, beaten egg, grated Parmesan cheese, grated garlic cloves, dried oregano, lemon zest, sea salt, and freshly ground black pepper. Stir until the mixture is well

combined.

### **Assemble the Lasagna**

- Brush a 9×13-inch or similar-sized baking dish with olive oil, then spread ½ cup of marinara sauce evenly on the bottom of the dish.
- Layer the roasted eggplant slices over the sauce.
- Spread half of the ricotta mixture over the eggplant and dot it with another ½ cup of marinara sauce.
- Repeat the layering with another set of eggplant slices, the remaining ricotta mixture, and another ½ cup of marinara sauce.
- Finish with a final layer of eggplant on top, then sprinkle the grated mozzarella and Parmesan cheeses over the entire dish.

### **Bake**

- Place the assembled lasagna in the oven and bake for 30 minutes, or until the cheese on top is browned and bubbling.
- Once done, let the lasagna stand for 30 minutes before serving.
- Sprinkle with red pepper flakes and garnish with fresh basil leaves. Slice and serve.

## **Notes**

### **Eggplant Preparation**

- Salting the eggplant helps to draw out excess moisture and reduce bitterness, making it a better texture for lasagna.

### **Cheese Options**

- Feel free to use different types of cheese in place of or in addition to mozzarella and Parmesan for varied flavors.



**Storage Tips**

- Store any leftover lasagna in an airtight container in the refrigerator for up to 5 days. Reheat in the oven for the best results.

See also 4th of July Cake Mix Cookie Bars Recipe

**Serving Suggestions**

- Pair the eggplant lasagna with a side salad or garlic bread for a complete meal.



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## Cook Techniques

### **Salting the Eggplant**

Salting the eggplant before cooking helps to draw out moisture and reduces bitterness. This process enhances the flavor and texture of the eggplant in the final dish.

### **Roasting**

Roasting the eggplant slices at a high temperature caramelizes their natural sugars, resulting in a tender and flavorful component for the lasagna. Make sure to flip the slices halfway through for even cooking.

### **Layering**

When assembling the lasagna, layer the ingredients thoughtfully to create a balanced mix of flavors and textures. Start with sauce on the bottom, followed by eggplant, filling, and cheese to keep everything moist and flavorful.

### **Baking**

Baking at the right temperature ensures that the cheese melts perfectly and the flavors meld together. Allowing the lasagna to rest after baking helps it set, making it easier to slice and serve.

## FAQ

### **Can I use other types of cheese?**

Yes, you can substitute or mix in other types of cheese, such as provolone or fontina, for added flavor.

**Is it possible to make this lasagna vegan?**

To make a vegan version, you can use tofu or a plant-based ricotta as a substitute for dairy products and vegan cheese for the toppings.

**Can I prepare this dish in advance?**

Yes, you can prepare the lasagna ahead of time and refrigerate it before baking. Just add a few extra minutes to the baking time if it's coming straight from the fridge.

**How can I store leftovers?**

Store leftovers in an airtight container in the refrigerator for up to 3 days. You can reheat individual portions in the microwave or bake them in the oven.

See also [Lemon Blueberry Loaf](#)

**What can I serve with eggplant lasagna?**

This dish pairs well with a fresh salad, garlic bread, or a side of roasted vegetables for a complete meal.

## Conclusion

This Eggplant Lasagna is a deliciously hearty and satisfying dish that showcases the flavors of roasted eggplant combined with creamy ricotta and melty cheese. Perfect for a cozy dinner or as a crowd-pleaser at gatherings, this recipe is sure to delight both vegetarians and meat-lovers alike. The freshness of the basil and the kick from red pepper flakes elevate the dish, making it a comforting meal that you'll want to make time and time again.



### **Roasted Vegetable Lasagna**

Combine layers of roasted zucchini, bell peppers, and mushrooms with ricotta and mozzarella for a vibrant twist on the classic lasagna.

### **Spinach and Ricotta Lasagna**

Mix sautéed spinach into the ricotta filling for an extra nutrient boost and a lovely color contrast in each layer.

### **Mushroom and Truffle Oil Lasagna**

Incorporate sautéed mushrooms and a drizzle of truffle oil into the ricotta mixture for a rich and indulgent flavor profile.

### **Lasagna Roll-Ups**

Use the eggplant slices to roll up the ricotta filling and marinara sauce for a fun, individual serving option that's easy to prepare.

### **Italian Sausage and Eggplant Lasagna**

Add crumbled Italian sausage to the layers for a meaty version that pairs beautifully with the eggplant and cheeses.

### **Vegan Eggplant Lasagna**

Replace the ricotta with a blended mixture of soaked cashews, nutritional yeast, and spices for a dairy-free alternative that's still creamy and flavorful.



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