



Saucy Eggplant Patty Tower



Entire recipe: 280 calories, 6g total fat (1g sat. fat), 905mg sodium, 31.5g carbs, 15g fiber, 9g sugars, 25g protein

Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

2 frozen meatless hamburger-style patties with about 100 calories each
1 eggplant, about the width of the patties
1/2 cup canned crushed tomatoes

Seasonings

1/4 tsp. Italian seasoning, or more to taste
Optional: chopped fresh basil

Directions

Remove the ends of the eggplant. Cut three 3/4-inch-wide eggplant slices. Pat dry, if needed. Save the rest for another use.

Bring a large skillet sprayed with nonstick spray to medium heat. Cook eggplant slices and burger patties for 3 - 5 minutes per side, or until cooked through.

Meanwhile, to make the sauce, combine tomatoes with Italian seasoning in a microwave-safe bowl. Cover and microwave for 30 seconds, or until hot. Mix well.

Plate one eggplant slice and top with a spoonful of sauce; evenly top with a burger patty. Alternate layering the remaining eggplant slices and burger patty, adding a spoonful of sauce in between each layer. Cover your "tower" with all of the remaining sauce.

MAKES 1 SERVING

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