



## Naked Eggplant Parm in a Mug



Entire recipe: 220 calories, 7g total fat (2.5g sat. fat), 696mg sodium, 25g carbs, 10g fiber, 13g sugars, 18.5g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes

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### Ingredients

3 cups cubed eggplant  
1/2 tsp. garlic powder  
Dash salt  
1/4 cup meatless crumbles, cooked according to package directions  
2 tbsp. light/low-fat ricotta cheese  
1/8 tsp. Italian seasoning  
1/4 cup marinara sauce with 70 calories or less per 1/2-cup serving  
1 stick light string cheese, torn into pieces  
Optional topping: grated Parmesan cheese

### Directions

Place eggplant in a large microwave-safe bowl with 1 - 2 tbsp. water. Cover and microwave for 5 - 6 minutes, or until soft. Thoroughly blot dry. Season with 1/4 tsp. garlic powder and the salt.

In a small bowl, mix meatless crumbles with remaining 1/4 tsp. garlic powder. In another small bowl, mix ricotta with Italian seasoning.

In a large microwave-safe mug, evenly layer half of each ingredient: eggplant, marinara, ricotta, meatless crumbles, and string cheese pieces. Repeat layering with remaining ingredients.

Microwave for 2 - 2 1/2 minutes, or until entire dish is hot and cheese has melted.

#### MAKES 1 SERVING

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