



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



Tagged: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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