



Saucy Cheesy Veggie Stacks



1/2 of recipe (1 stack): 254 calories, 8g total fat (2.5g sat. fat), 793mg sodium, 36g carbs, 12.5g fiber, 22g sugars, 15g protein

Prep: 15 minutes **Cook:** 50 minutes



Ingredients

6 eggplant slices (cut lengthwise from a medium eggplant)
2 small zucchini, ends removed, cut into 1/2-inch-thick slices
1 large portabella mushroom, cut into 1/2-inch-wide strips
1/2 cup light/low-fat ricotta cheese
1/2 cup thawed-from-frozen spinach, drained and thoroughly patted dry
2 tbsp. chopped fresh basil
1 tsp. dried minced onion
1/4 tsp. garlic powder
1/8 tsp. salt
Dash ground nutmeg
1 cup marinara sauce with 70 calories or less per 1/2-cup serving
1 tsp. grated Parmesan cheese

Directions

Preheat oven to 400 degrees. Spray 2 baking sheets and a 9" X 13" baking pan with nonstick spray.

Lay eggplant, zucchini, and mushrooms on the baking sheets. Bake for 12 minutes.

Flip veggies and return to the oven, rotating the baking sheets. Bake until lightly browned and mostly softened, about 12 minutes. (Leave oven on.)

Meanwhile, in a small bowl, combine ricotta, spinach, basil, minced onion, garlic powder, salt, and nutmeg. Mix well.

Spoon half of the marinara into the center of the baking pan, and lay two eggplant slices side by side over the sauce with an inch or so between them. These will be the bases of the two veggie stacks.

Spread half of the spinach-ricotta mixture over the eggplant. Top with half of the zucchini and mushrooms, followed by another eggplant slice on each stack.

Top with remaining ingredients in this order: spinach-ricotta mixture, zucchini, mushrooms, eggplant, and marinara.

Sprinkle with Parm, and bake until veggies have softened and entire dish is hot, 20 - 25 minutes.

MAKES 2 SERVINGS

HG FYI: A version of this recipe appeared in [Hungry Girl 200 Under 200](#), but we've given it a 2020 upgrade.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: March 23, 2020 Author: Hungry Girl Copyright © 2025 Hungry Girl. All Rights Reserved.