



## 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.

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