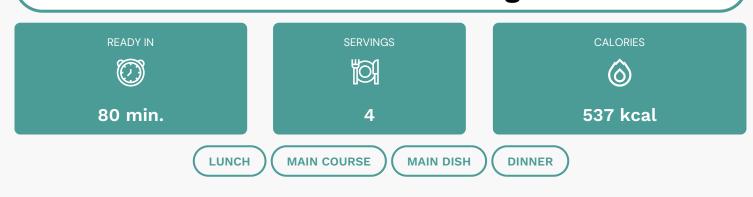


# **Healthier Meat Lasagna**



### Ingredients

1 tablespoon olive oil
1 medium onion chopped
1 pound eggplant peeled cut into ½-inch pieces
2 garlic clove minced
1 serving coarse mustard
0.5 pound ground sirloin
10.8 ounces canned tomatoes canned
2 cups curd cottage cheese (1 percent)

6 lasagna noodles whole-wheat (4 ounces total)

	0.3 cup parmesan grated ()	
	2 ounces part-skim mozzarella cheese shredded	
Equipment		
	bowl	
	oven	
	baking pan	
	dutch oven	
Directions		
	Preheat oven to 375 degrees.	
	Place noodles in an 8-by-8-inch baking dish, and cover with hot tap water; set aside to soften.	
	In a 5-quart Dutch oven or heavy pot, heat oil over medium-high.	
	Add onion, eggplant, and garlic; season with salt and pepper. Cover and cook, stirring occasionally, until eggplant is very tender, 8 to 10 minutes.	
	Add sirloin, and cook, breaking up meat with a spoon, until no longer pink, 3 to 5 minutes.	
	Add tomato puree, and cook until thickened, 3 to 5 minutes. Season meat sauce with salt and pepper.	
	Meanwhile, in a medium bowl, combine cottage cheese and 1/4 cup Parmesan; season with salt and pepper.	
	Remove noodles from baking dish, discarding water.	
	Spread about 1/4 cup meat sauce in bottom of dish, and top with 4 noodle halves.	
	Layer with 1/3 cheese mixture, then 1/3 sauce. Repeat twice with remaining noodles, cheese mixture, and sauce.	
	Sprinkle with mozzarella and remaining 2 tablespoons Parmesan.	
	Bake until lasagna is bubbling and cheese topping is golden, 30 to 35 minutes.	
	Let stand 10 minutes before cutting and serving.	
	David Loftus	

## **Nutrition Facts**

#### **Properties**

Glycemic Index:52.75, Glycemic Load:4.34, Inflammation Score:-8, Nutrition Score:28.701739274937%

#### **Flavonoids**

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01m

#### Nutrients (% of daily need)

Calories: 536.97kcal (26.85%), Fat: 21.82g (33.57%), Saturated Fat: 8.41g (52.53%), Carbohydrates: 51.28g (17.09%), Net Carbohydrates: 45.88g (16.68%), Sugar: 11.78g (13.09%), Cholesterol: 71.09mg (23.7%), Sodium: 702.61mg (30.55%), Alcohol: Og (100%), Protein: 37.71g (75.43%), Manganese: 1.76mg (88.1%), Selenium: 55.6µg (79.43%), Phosphorus: 557.21mg (55.72%), Calcium: 349.91mg (34.99%), Zinc: 5.01mg (33.4%), Vitamin B3: 6.65mg (33.25%), Vitamin B12: 1.91µg (31.79%), Vitamin B6: 0.62mg (30.97%), Magnesium: 120.15mg (30.04%), Vitamin B2: 0.49mg (28.57%), Potassium: 923.73mg (26.39%), Copper: 0.51mg (25.72%), Vitamin B1: 0.38mg (25.58%), Iron: 4.25mg (23.58%), Fiber: 5.4g (21.61%), Folate: 82.82µg (20.71%), Vitamin B5: 1.97mg (19.7%), Vitamin C: 12.01mg (14.56%), Vitamin E: 2.14mg (14.28%), Vitamin K: 11.34µg (10.8%), Vitamin A: 466.65IU (9.33%), Vitamin D: 0.24µg (1.62%)