

Eggplant Lasagna with Crunchy Quinoa

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Serves 6

Ingredients:

- 1 cup dry quinoa
- ½ cup grated parmesan cheese *
- 2 tbsp butter, melted *
- 1 cup nonfat Greek yogurt *
- 2 cups shredded mozzarella cheese, divided *
- 1 tsp dried oregano
- ½ tsp dried basil
- 1 jar marinara sauce
- 1 eggplant, cut into ¼ inch thick slices
- 2 zucchini, cut into ¼ inch thick slices
- 1 cup baby spinach leaves
- Parsley, for garnish



Directions:

1. Preheat oven to 350. In a small bowl, stir together quinoa and parmesan. Pour melted butter over mixture and combine well. In another bowl, mix together Greek yogurt, 1 cup cheese, oregano, and basil. Set aside.
2. In a baking dish, pour in a small amount of the marinara sauce and spread to coat the bottom. Use about 1/3 of the eggplant and zucchini and make the bottom layer. Top with 1/3 of the marinara sauce. Dollop half of the yogurt and cheese mixture on top of that. Spread out ½ cup of the shredded mozzarella cheese. Cover with ½ cup spinach leaves. Repeat entire step for another layer of everything.
3. To finish the dish, top with the last of the eggplant and zucchini. Spread remaining marinara. Top with the quinoa and parmesan mixture. Bake uncovered in the oven about 45-50 minutes, letting it get brown and bubbly. Garnish with parsley, if desired.

*To make this dish dairy-free, use vegan parmesan, butter, yogurt, and cheese.