

Keto Lasagna with Eggplant Sheets



This Keto Lasagna replaces traditional pasta with thin slices of eggplant, layering them with a rich meat sauce, creamy ricotta, and melted mozzarella. It's a comforting and satisfying dish that fits perfectly into a keto lifestyle.

Ingredients for 2 serving (US/Metric)

- **Eggplant**
- 194g / 6.8oz **Ground beef**
- **Ricotta cheese**
- 45g / 1.6oz **Mozzarella**
- 2 *tbsp* **Parmesan cheese**
- **Marinara sauce**
- 1 *tbsp* **Olive oil**
- **Garlic Cloves**
- 0.5 *cup* **Onions**
- **Eggs**
- **Salt & pepper to taste**
- **Italian seasoning**
- **Fresh Basil Leaves**

Nutrition (US/Metric)

- **Protein:** 20%
- **Fat:** 68%
- **Net carbs:** 12%

Instructions

- **Preheat Oven:** Preheat your oven to 375°F (190°C).
- **Prepare Eggplant:** Brush eggplant slices with olive oil and season with salt and pepper. Arrange on a baking sheet and bake for 10-15 minutes until just tender. Set aside to cool.
- **Cook Meat Sauce:** In a skillet, heat 1 tablespoon olive oil over medium heat. Add onion and garlic, sauté until softened. Add ground beef, breaking it up with a spoon, and cook until browned. Stir in marinara sauce and Italian seasoning, simmer for 10 minutes. Season with salt and pepper to taste.
- **Mix Cheese:** In a bowl, combine ricotta cheese, Parmesan, egg, and a pinch of salt and pepper. Mix well.
- **Assemble Lasagna:** In a baking dish, spread a thin layer of meat sauce. Layer eggplant slices over the sauce, then spread a layer of the ricotta mixture, and sprinkle with mozzarella. Repeat the layers, finishing with a layer of mozzarella on top.
- **Bake:** Bake in the preheated oven for 25-30 minutes, or until the top is golden and bubbly.
- **Garnish and Serve:** Let the lasagna rest for 10 minutes before serving. Garnish with fresh basil and additional grated Parmesan.