



& THE HEALTHY CHEF

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Teresa Cutter
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It's all about a healthier

Body

Low Carb Lasagne

WHAT IT'S GOOD FOR: GF WF LC GIP

SERVES: 6-8

Protein 36g • Fat 9g • Carbs 9g • Cal 305

INGREDIENTS:

3 eggplants, thinly sliced, roasted in a moderate oven for 30 minutes with a splash of water until soft and cooked through.

Meat sauce

- 1 onion, finely diced
- 2 carrots, grated
- 2 sticks celery, finely diced
- 500g lean organic beef or chicken mince
- 1 teaspoon smoked paprika
- 250ml red wine
- 2 x 400g tins chopped peeled tomato
- Good grind of freshly ground black pepper
- Small bunch fresh chopped parsley
- Handful fresh basil leaves
- 50g provolone cheese or Parmesan cheese

White Sauce

- 500g low fat ricotta or cottage cheese
- Pinch of nutmeg to taste
- 1 egg white

Combine all the ingredients into a food processor and blend until smooth and creamy.



To make the meat sauce

1. Sauté the onion in 1 teaspoon olive oil until golden
2. Add the carrots and celery and cook for another 5 minutes until soft
3. Add the meat and break up into the vegetables then cook for about 10 minutes
4. Add the paprika, red wine and tomatoes
5. Cover and cook on a low heat for about 30 minutes
6. Remove the lid and cook for another 10 minutes until the sauce becomes rich and meaty
7. Just at the end add some chopped parsley and season with freshly ground black pepper.

To assemble

1. Arrange a layer of roasted eggplant slices into the base of a 25cm baking dish
2. Spoon over 1/3 bolognaise sauce then top with a few basil leaves
3. Layer with another lot of roasted eggplant and bolognaise sauce followed with a few more basil leaves and half the grated provolone cheese
4. Layer with more eggplant and the final layer of bolognaise sauce then top with the last layer of eggplant
5. Top with the white sauce and sprinkle over the rest of the provolone or Parmesan
6. Bake for about 45 minutes in a moderate 180° until golden and hot
7. Serve alone or with a green salad drizzled with balsamic and a touch of flax seed oil. Yum!



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WF
Wheat Free

GF
Gluten Free

LC
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P
Protein

V
Vegetarian
Vegan

GI
Low GI