



EGGPLANT AND TURKEY PARMESAN BAKE



INGREDIENTS

ITEM	QUANTITY
• Sliced Eggplant(About ½ Medium Eggplant)	1 Cup
• Ground Turkey	5 Oz.
• Canned Crushed Tomatoes (No Onion or Garlic Added)	½ Cup
• Garlic-infused Olive Oil	1 Tsp.
• Lactose-free Mozzarella	2 Tbsp.
• Parmesan Cheese	1 Tbsp.
• Fresh Basil	1 Tbsp.
• Dried Oregano	½ Tsp.
• Salt and Pepper	

SERVING SIZE 1



PREPARATION

- Preheat oven to 400°F.
- Lightly season the sliced eggplant with salt. Let it sit for 10 minutes, then pat dry.
- Brush eggplant slices with garlic-infused olive oil and roast for 15 minutes until softened.
- While eggplant cooks, brown ground turkey in a skillet over medium heat.
- Add oregano, salt, pepper, and low-FODMAP tomato sauce. Simmer for 5 minutes.
- Layer roasted eggplant, turkey mixture, mozzarella, and Parmesan in a small baking dish.

- Bake for 15-20 minutes until cheese is melted and the dish is heated through.
- Finish with fresh basil before serving.