

Eggplant Florentine



PREP TIME:
10 MINUTES

COOK TIME:
40 MINUTES

TOTAL TIME:
50 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 6-8 Servings

Ingredients:

- 2 Medium Sized Eggplants
- Extra Virgin Olive Oil (about 4 TBSP)
- 1 Teaspoon Himalayan Sea Salt
- 2 Teaspoon Garlic Powder
- 1 24 oz. Jar Organic Tomato Sauce (*no added sugar is ideal*)
- 2 ½ - 3 Cups Organic Spinach
- ½ Cup Vegan Mozzarella Cheese (*can substitute regular dairy if you can tolerate*)
- 1 12 oz. Box Gluten Free Pasta (*I use Jovial Brand*)
- **Optional: 2 TBSP Pecorino Romano (made from Sheep's milk – if can tolerate)*

Instructions:

1. Preheat oven to 350 degrees.
2. Cut off ends and peel eggplant. Slice into ¼" rounds.
3. Lightly coat a baking sheet with olive oil – likely will need two baking sheets.
4. Place eggplant on cookie sheet – filling sheet. Lightly drizzle olive oil over each eggplant round. Sprinkle lightly with salt and garlic powder. Flip eggplant and repeat.
5. Place eggplant in oven. Let roast for 10 minutes. Then flip each piece over and roast another 5 minutes. Remove from oven.
6. In a 9"X9" baking dish, coat the bottom lightly with tomato sauce.
7. Start layering eggplant on bottom of baking dish – 1 single layer of eggplant (should be about ½ the roasted eggplant).
8. Next layer is about 1 cup or half of the baby spinach, then a few tablespoons of sauce, then sprinkle with 1/2 of the cheese.
9. Layer again with eggplant, spinach, sauce and cheese.
10. Bake in oven for 25 minutes – uncovered is fine. Let cool a few minutes before serving.
11. Prepare pasta according to package instructions.

***Try and use all organic ingredients if possible.**