Faina's Armenian lasagna **RECIPE**

INGREDIENTS

- **Eggplant**; 1 medium/2 people
  OR as in the alternative dish
  Sweet potatoes; 1 medium/2 people
- **Tomatoes**; fresh 1 medium/person and 1-2 cans of good quality pulp (can or jar)
  NOTE: if you have homemade sauce on hand, use it
- **Onions**; 1 small/2 people
- **Ricotta cheese**; generous will be 2-3 layers
- **Mozzarella cheese;** generous will be 2-3 layers
- **Parmesan cheese**; generous will be sprinkled on top + when serving
- **Eggs**; 3
- **2T milk or plain yogurt**
- **Oregano, basil, salt, pepper**
- **1 lemon**

INSTRUCTIONS

- Preheat oven to 170C/340F
- Peel eggplant and cut lengthwise in medium thin slabs; fill bowl or sink with water 2 T salt and ½ a lemon (juice and rind). Let sit for 5-10 minutes
  OR if you are using sweet potatoes, peel, cut lengthwise and they are ready to use
- Cut tomatoes into thick slabs
- Grate as much parmesan as you want; it will be sprinkled on top + when serving
- Ricotta; mix with 1 egg, salt, pepper, and crushed oregano
- Remaining 2 eggs beat with salt, pepper, and a bit or milk or yogurt (like you might for a scrambled egg)
- Dry eggplants on kitchen paper
- In a deep-dish oven safe container layer the ingredients:
  1. Tomato pulp/your sauce
  2. Eggplant (OR sweet potatoes)
  3. Ricotta mix
  4. Onions
  5. Mozzarella cheese
  5. Fresh tomatoes
  5. Ricotta mix

6. Tomato pulp
   Begin the cycle again so you have at least 2 layers, best with 3 if you can manage
- The final layer will have parmesan sprinkled on top
- Make small holes in the top layer with the tip of a fork/toothpick and then pour the egg mixture over the entire dish, sprinkle parmesan on top of the egg
- Cover the dish with aluminum foil (non-stick if you have it)
- Cook 75 minutes at 170 covered
- Uncover and cook final 15 minutes at 190 to crisp the top
- Turn off oven and let sit 15 minutes inside

SERVING/NOTES

- Serves 4-6 people
- Serve hot with a light salad and fresh bread
- OR set aside and serve that evening or the next day
- This dish is terrific the next day, my mom only ever served these sorts of dishes the next day, my father would not even eat them the same day
- This dish freezes well and I always portion out 1-2 servings, place in aluminum containers with paper top, label them and have them in the freezer for up to 1 month for a quick, healthy, warm meal anytime. Best heated in a pan vs microwave

Nutrition tip

This is a meal which includes all the components of a balanced plate in nearly the perfect proportions; protein, complex carbs, and vegetables (techinically fruit too as tomatoes are fruit). A warming winter meal for nearly any palate.

"Food is an important part of a balanced diet."
Fran Lebowitz