



Saucy Eggplant Patty Tower

PER SERVING (entire recipe): 280 calories, 6g fat, 905mg sodium, 31.5g carbs, 15g fiber, 9g sugars, 25g protein -- **PointsPlus®** value 6*

Prep: 15 minutes

Cook: 15 minutes



Ingredients:

2 frozen meatless hamburger-style patties with about 100 calories each (like Boca Original Vegan)

1 eggplant, about the width of the patties

1/2 cup canned crushed tomatoes

1/4 tsp. Italian seasoning, or more to taste

Optional: chopped fresh basil

Directions:

Remove the ends of the eggplant. Cut three 3/4-inch-wide eggplant slices. Pat dry, if needed. Save the rest for another use.

Bring a large skillet sprayed with nonstick spray to medium heat on the stove. Place eggplant slices and patties in the skillet and cook for 3 - 5 minutes.

Flip slices and patties and cook for an additional 3 - 5 minutes, until fully cooked.

Meanwhile, to make the sauce, combine tomatoes with Italian seasoning in a microwave-safe bowl. Cover and microwave for about 30 seconds, until hot. Mix well. If you like, season with additional Italian seasoning.

Plate one eggplant slice and top with a spoonful of sauce; evenly top with a burger patty. Alternate layering the remaining eggplant slices and burger patty, adding a spoonful of sauce in between each layer. Cover your "tower" with all of the remaining sauce. If you like, garnish with basil.

Grab a fork and knife and dig in!

MAKES 1 SERVING



Check out Hungry-Girl.com for TONS more **guilt-free recipes, food finds, and tips 'n tricks!** And don't forget to sign up for **FREE daily emails!**

*The PointsPlus™ values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the PointsPlus™ registered trademark.