

# MEALTIME HELPER

MAKING MEALTIME EASY

## Vegetarian Eggplant Lasagna - Shopping List

- **Produce**

- 2–3 medium eggplants (about 2–2½ lb / 900–1,100 g)
- 1 medium onion
- 2–3 garlic cloves
- 1 medium zucchini (optional)
- 8–10 oz (225–280 g) cremini or button mushrooms
- 1 bell pepper (optional)
- 2 cups fresh spinach (or 10 oz frozen spinach)
- Fresh basil or parsley (small bunch)
- Optional: 1 lemon (if you like brightness)
- Optional garnish: 1/4 cup toasted pine nuts

- **Canned / Jarred**

- 1 (28 oz / 800 g) can crushed tomatoes (or ~3 cups marinara)
- 2 tablespoons tomato paste

- **Pasta & Grains**

- 12–15 no-boil lasagna noodles (or regular lasagna noodles)
- OR (if gluten-free) skip noodles and plan extra eggplant

- **Dairy & Refrigeration**

- 15 oz (425 g) ricotta cheese (or cottage cheese blended smooth)
- 1 large egg (optional, for ricotta)
- 1 cup grated Parmesan or Pecorino (divided)
- 2 cups shredded mozzarella (divided)

- **Pantry & Seasonings**

- Olive oil (3 tbsp total)
- Kosher salt & freshly ground black pepper
- 1 tsp dried oregano
- 1 tsp dried basil (or 1 tbsp fresh, included above)
- Pinch of red pepper flakes (optional)
- 1 tsp balsamic vinegar (optional, for sauce depth)

- **Optional / Extras**

- 1/4 cup toasted pine nuts (for garnish)

Crusty bread and salad ingredients for serving

**Notes:**

- If salting eggplant, no extra purchase needed — just kosher salt.
- If using frozen spinach, thaw and squeeze dry before assembling.