



## Naked Eggplant Parm in a Mug



Entire recipe: 220 calories, 7g total fat (2.5g sat fat), 696mg sodium, 25g carbs, 10g fiber, 13g sugars, 18.5g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

**Prep:** 5 minutes    **Cook:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### Ingredients

3 cups cubed eggplant  
1/2 tsp. garlic powder  
Dash salt  
1/4 cup meatless crumbles, cooked according to package directions  
2 tbsp. light/low-fat ricotta cheese  
1/8 tsp. Italian seasoning  
1/4 cup marinara sauce with 70 calories or less per 1/2-cup serving  
1 stick light string cheese, torn into pieces  
Optional topping: grated Parmesan cheese

### Directions

Place eggplant in a large microwave-safe bowl with 1 - 2 tbsp. water. Cover and microwave for 5 - 6 minutes, or until soft. Thoroughly blot dry. Season with 1/4 tsp. garlic powder and the salt.

In a small bowl, mix meatless crumbles with remaining 1/4 tsp. garlic powder. In another small bowl, mix ricotta with Italian seasoning.

In a large microwave-safe mug, evenly layer half of each ingredient: eggplant, marinara, ricotta, meatless crumbles, and string cheese pieces. Repeat layering with remaining ingredients.

Microwave for 2 - 2 1/2 minutes, or until entire dish is hot and cheese has melted.

**MAKES 1 SERVING**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these 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 **SmartPoints**® trademark.