



WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

PROVIDING THE
EXOS EXPERIENCE

Eggplant, Cheese & Tomato Bake

February is American Heart Month! All the recipes this month are from the American Heart Association's recipe database which can be found at recipes.heart.org. All of the recipes on this website are heart healthy, meaning that they are low in saturated fat and sodium. Love your heart!

Yield: 8 servings

Ingredients:

- 1 large sliced eggplant (about 17-20 slices)
- 1 medium thinly sliced onion (about 2 cups), cut into bite-size pieces
- 2 zucchini (about 2 cups), cut into bite-size pieces
- non-stick Cooking spray
- 2 tsp. extra virgin olive oil or canola oil
- 3 cups mushrooms (sliced)
- 3 clove minced garlic OR 3 tsp. fresh, minced garlic
- 2 Tbsp. water
- 1/4 tsp. black pepper
- 29 oz. canned, no salt added, diced tomatoes
- 8 oz. canned, no salt added tomato sauce
- 3 Tbsp. fresh, chopped basil OR 1 Tbsp. dried basil
- 3/4 cup part-skim, low-fat ricotta cheese
- 1 cup low-moisture, part-skim mozzarella cheese (shredded)
- 1 cup whole-wheat bread crumbs OR 1 cup panko (Japanese breadcrumbs)

Directions:

1. Preheat oven to 375° F
2. Arrange eggplant, onions and zucchini on a baking sheet, sprayed with cooking spray. Lightly spray top of vegetables with cooking spray as well. Cover with aluminum foil. Bake for 10 minutes covered and 10 minutes uncovered.

3. In a small saucepan, heat extra virgin olive oil over medium heat, sauté mushrooms and garlic with water and pepper, until mushrooms begin to soften, about 6 minutes. Add diced tomatoes, tomato sauce and basil, reduce heat and simmer for 10 minutes.
4. Spread 1/2 tomato-mushroom mixture on bottom of a 9x13 baking dish coated with cooking spray. Then layer half of the eggplant, zucchini and onion. Layer all of ricotta, and sprinkle a layer of half the mozzarella. Repeat layers with another 1/2 of tomato-mushroom mixture and the remaining eggplant, zucchini and onion. Add the remaining tomato mixture, evenly sprinkle the remaining mozzarella and top with breadcrumbs. Bake for 30-45 minutes or until most of the liquid has disappeared and cheese begins to brown. Let cool for 10 minutes before cutting and serving.

Nutrition Information:

Calories: 161, Total fat: 5.5 g, Saturated fat: 2.5 g; Carbohydrates: 20 g, Fiber: 5 g, Protein: 9 g, Sodium: 138 mg

**Recipe from recipes.heart.org*

