



Eggplant Lasagna

<p>9 whole grain lasagna noodles ½ teaspoon vegetable oil 2 cloves garlic, chopped 1 medium onion, chopped 1 eggplant, peeled and finely chopped 3 cups chopped raw spinach</p>	<p>1 1½ ounce can Italian flavored tomatoes 1 24 ounce jar low-sodium marinara sauce ½ teaspoon dried basil ½ teaspoon oregano ⅓ teaspoon crushed red pepper flakes</p>	<p>Dash salt and pepper 15-16 ounces low-fat ricotta cheese 1¾ cups shredded mozzarella cheese 1¾ cups shredded low-fat cheddar cheese</p>
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Preheat the oven to 350 degrees F. **Grease** a 9x13- inch baking pan. Bring a large pot of lightly salted water to a rolling boil. **Cook** the lasagna noodles until tender, but still slightly firm (approximately 10 minutes); **drain** and set aside. **Heat** the oil in a large skillet and **sauté** the onion and garlic until golden. **Add** chopped eggplant to skillet and **cook** until very soft and tender. **Add** chopped spinach to the skillet and **cook** until wilted. **Stir** in the tomatoes, marinara, basil, oregano, crushed red pepper flakes, salt and pepper; simmer for 5 minutes. **Remove** from heat. **Layer** 3 noodles on bottom of pan. **Spread**

one-third of the ricotta cheese on top of noodles, spoon one-third of sauce on top, and sprinkle with one-third mozzarella and cheddar cheese. **Repeat**, layering with remaining ingredients, ending with a layer of cheese. **Bake** 35 minutes or until cheese on top is melted and golden brown. Let casserole rest 10 minutes before cutting.

Yield: 12 servings

Nutritional Analysis: 260 calories, 11 g fat, 5 g saturated fat, 30 mg cholesterol, 600 mg sodium, 25 g carbohydrate, 6 g fiber, 8 g sugar, 18 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Eggplant

SEASON: Late June to October.

NUTRITION FACTS: Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a half cup serving.

SELECTION: Select firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size eggplant, about 3 to 4 inches in diameter.

STORAGE: Store soon after harvest or purchase in the vegetable crisper in the refrigerator. Use within one week.

PREPARATION: Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried, stuffed or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions, and cheese. One pound equals 3 cups diced. Eggplant should be peeled before

Source: www.fruitsandveggiesmatter.gov

preparation, unless it is very young and tender.

To broil or grill: Cut into three-fourth inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

To season: Use marjoram, oregano, allspice, chili powder, curry powder, garlic, basil or rosemary.

EGGPLANT

Kentucky Proud Project

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