Easy Cheesy Eggplant

3 cups cubed eggplant
2 medium tomatoes, sliced
1 large onion, sliced
¼ cup melted butter
¼ cup applesauce
¼ teaspoon salt

½ teaspoon dried basil
¼ teaspoon garlic powder
8 ounces shredded mozzarella cheese
½ cup whole wheat bread crumbs
2 tablespoons grated Parmesan cheese

Peel eggplant and slice into ½ inch cubes. Layer eggplant, tomatoes, and onions in a casserole dish. Mix butter and applesauce and pour ½ over the vegetable mixture. Sprinkle with the salt, basil, and garlic powder. Cover and bake for 20 minutes in a 450˚ F oven. Remove from oven and top with mozzarella cheese, whole wheat bread crumbs, and Parmesan cheese. Pour the remaining butter and applesauce mixture over the cheese. Bake an additional 10 minutes, uncovered.

Yield: 12, ½ cup servings
Nutritional Analysis: 120 calories, 7 g fat, 170 mg sodium, 6 g carbohydrate, 2 g fiber, 6 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 ½ 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.

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