



Easy Cheesy Eggplant

3 cups cubed eggplant	½ teaspoon dried basil
2 medium tomatoes, sliced	¼ teaspoon garlic powder
1 large onion, sliced	8 ounces shredded mozzarella cheese
¼ cup melted butter	½ cup whole wheat bread crumbs
¼ cup applesauce	2 tablespoons grated Parmesan cheese
¼ teaspoon salt	

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.

Source: www.fruitandveggiesmatter.gov

Eggplant should be peeled before preparation, unless it is very young and tender.

TO BROIL OR GRILL: Cut into ¾ 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

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

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