

Penne with Eggplant

Yield: 4 servings

Total Time: 25 minutes

Ingredients

- 8 ounces whole wheat penne or ziti (half of a 16-ounce package)
- 1½ tsp canola or olive oil
- 3 cups cubed eggplant (about 1 small)
- ½ cup finely chopped onion
- 2 garlic cloves, minced or 1 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp crushed red pepper
- 1½ cups pasta sauce
- 3 Tbsp finely chopped fresh basil or 1 Tbsp dried basil (optional)
- ½ cup + ¼ cup shredded part-skim mozzarella cheese, keep divided

Preparation Instructions

1. Cook pasta according to package directions, omitting salt and oil. Drain well.
2. Heat oil in a large skillet over medium-high heat. Add eggplant and onion. Cook for 8 minutes or until onion is browned.
3. Stir in garlic and cook for 3 minutes.
4. Add salt, crushed red pepper, and pasta sauce (and basil, if using). Bring to a simmer. Reduce heat, and cook for 5 minutes. Remove from heat.
5. Toss eggplant mixture with pasta. Sprinkle with ½ cup cheese and toss gently.
6. Top evenly with remaining ¼ cup cheese. Serve immediately.

Nutrition Analysis

Per serving: 380 calories; 11g fat (2.5g saturated, 0g trans); 0mg cholesterol;
590mg sodium; 56g carbohydrate (10g dietary fiber; 10g sugar); 15g protein.
Vitamin A 15%, Vitamin C 10%, Calcium 6%, Iron 15% Daily Value.

Cost

Per serving: \$1.23

Total ingredient cost: \$14.34

Source: www.cookinglight.com

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