

Eggplant Tomato Casserole

Eggplant are a good source of soluble fiber, which helps reduce “bad” cholesterol.

- 2 medium eggplants (about 2 1/2 lbs.)
- 2 Tablespoons olive oil
- 2 eggs, beaten
- 1 onion, minced
- 1/2 cup breadcrumbs
- 1/4 teaspoon black pepper
- 1 teaspoon oregano
- 3 large tomatoes, sliced
- 1/4 cup cheddar or parmesan cheese, grated

1. Heat oven to 375°F.
2. Peel and slice the eggplant, and put the slices in a deep skillet with a lid.
3. Add 1/2 inch of water. Cover the pan. Bring the water to a boil and reduce heat to medium. Cook for about 10 minutes.
4. Drain the eggplant and then mash it. Add in the olive oil, eggs, onions, breadcrumbs, pepper and oregano.
5. Lightly oil a 9x13 casserole dish.
6. Cover the bottom of the casserole dish with half of the tomato slices. Pour all the eggplant mixture evenly over the tomato slices. Place the rest of the tomato slices on top of the eggplant mixture.
7. Sprinkle cheese on top. Bake for 45 minutes.

Servings:	8
Serving Size:	1/8 recipe
Calories	130
Total Fat	6g
Saturated Fat	2g
Cholesterol	49mg
Sodium	119mg
Total Fiber	5g
Protein	5g
Carbohydrates	15g
Potassium	429mg