

# Egg plant Delight

Makes 4 Servings

## Ingredients:

1 <u>medium eggplant</u> 1/4 inch thick slices	3 garlic cloves minced
2 tablespoons <u>olive oil</u> divided	1/2 cup water
8 ounces <u>whole wheat penne pasta</u> cooked	1 tablespoon lemon juice
8 ounces <u>mushrooms</u> sliced	2 medium tomatoes diced
1 <u>shallot</u> diced	1 tablespoon oregano
1 <u>medium zucchini squash</u> sliced	1 tablespoon parsley flakes
1/2 teaspoon <u>pepper</u>	1/2 teaspoon salt

## Directions:

1. Clean your preparation area and wash hands. Pre heat oven to 400 degrees.
2. Spread 1 TBSP of olive oil across the bottom of a lined baking sheet and arrange sliced eggplants. Bake eggplant for 20 minutes or until tender and lightly browned.
3. While eggplant bakes, place a large skillet over medium heat and add 1 tbs olive oil. Add the slice mushrooms, diced shallot, sliced zucchini, and minced garlic into skillet and cook for 5 minutes.
4. Add water and lemon juice and cook for 4 minutes. Add diced tomatoes, parsley flakes, oregano, salt, and pepper. Bring to a boil and simmer for 5 minutes.
5. Add roasted eggplant and cook until all veggies are tender; about 5 minutes.
6. Remove from heat and serve over cooked whole wheat penne pasta.

## Nutrition Facts

4 servings per container

**Serving size** (409g)

**Amount per serving**

**Calories** **220**

**% Daily Value\***

**Total Fat** 9g **12%**

**Saturated Fat** 1g **5%**

**Trans Fat** 0g

**Cholesterol** 0mg **0%**

**Sodium** 310mg **13%**

**Total Carbohydrate** 34g **12%**

**Dietary Fiber** 6g **21%**

**Total Sugars** 9g

**Includes 0g Added Sugars** **0%**

**Protein** 8g

**Vitamin D** 0mcg **0%**

**Calcium** 69mg **6%**

**Iron** 3mg **15%**

**Potassium** 874mg **20%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000-calories a day is used for general nutrition advice.

## Family Conversation Starter:

What would you like to do when you graduate (high school/college)?

TEXAS A&M  
AGRI LIFE  
EXTENSION

*The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. Extension. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*