

# Baked Eggplant & Zucchini

## Ingredients

2 cups tomato sauce  
1 small eggplant, cut into long slabs  
2 small zucchini cut into long slabs  
1 cup each shredded mozzarella and Parmesan  
1/3 cup torn basil



## Directions

Spread 1/2 cup sauce in 9x13" baking dish; top with eggplant, zucchini, 3/4 cup sauce and half of each cheese and basil.

Repeat.

Bake for 25 minutes at 400°F.

## More About Eggplant

Choose eggplants that are a glossy, deep purple color.

Replace pizza crust with sliced eggplant and add tomato sauce, cheese, and other toppings for a gluten-free, low-calorie treat.

Try it grilled or as a dip for vegetables when pureed.

## Eggplant is healthy because:

Excellent source of fiber, which helps keep you fuller longer

May help lower cholesterol levels

Rich in antioxidants and phytonutrients which support robust health



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