

Eggplant Bake



Ingredients

- 1 lb. eggplant, peeled and cubed
- 1 medium onion, chopped
- 2 medium tomatoes, cored and chopped
- 1 slice of whole wheat bread
- 2 garlic cloves, minced
- 2 tsp. olive oil
- ¼ cup sun dried tomatoes
- 1 Tbsp. basil leaves, chopped
- 1 tsp. oregano leaves, chopped
- 1 Tbsp. parmesan cheese
- ½ cup mushrooms

Directions:

1. Preheat oven to 170 degrees. Bake bread slice for 10 minutes or until it becomes hard. Crumble the bread in a food processor.
2. Raise oven temperature to 400 degrees.
3. Cook sundried tomatoes in boiling water until tender, about 5 minutes. Blend well in food processor.
4. Combine the onion, garlic, oregano and oil in a medium skillet. Cook on medium heat for 2 minutes. Add sundried tomatoes and 1 Tbsp. of water and stir.
5. Combine all ingredients except the bread crumbs and parmesan cheese. Mix well and add to 1.5 quart baking dish.
6. Cover with foil and bake for 30 minutes.
7. Remove from oven, stir and bake for an additional 10 minutes.
8. Remove from oven and add parmesan cheese and bread crumbs. Reduce oven to 375 degrees and continue to cook uncovered for 15 minutes.
9. Serve and enjoy!

*Yield 6 servings, serving size: 1 serving. Calories: 113.
Fat: 5.8 g. Cholesterol: 2.5 mg. Sodium: 82.4 g. Carbohydrates: 16.2 g.
Fiber: 5.5 g. Sugar: 6.2 g. Protein: 4.6 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*