



## **Baked Eggplant with Fresh Tomatoes and Mozzarella Cheese**

Recipe Courtesy Chef Bryan Woolley

- 1 large eggplant, cut in to ½ inch slices
- ½ cup flour
- ½ cup bread crumbs, Italian Style
- 1 cup milk
- 1 tbsp kosher salt
- ½ cup shredded low fat mozzarella cheese

1. Place sliced eggplant into a large bowl and sprinkle with salt. Set aside and allow to sit for about 15 minutes.
2. Place flour and bread crumbs into a plastic bag. Set aside until ready to use.
3. Remove eggplant from bowl and rinse to remove salt. Pat slices dry.
4. Dip into milk and place eggplant pieces into flour mixture, shake to coat.
5. Place eggplant onto a wire rack that has been placed on a baking sheet. Bake in a 425-degree oven for about 10 minutes.
6. Remove and top each piece with about 2 tbsp of the tomato topping. Sprinkle with 1 tbsp mozzarella cheese. Place back into the oven until the cheese has melted and is bubbling.
7. Serves 8. Enjoy.

### **Tomato Topping**

- 5 tomatoes, seeded and diced
- ¼ cup finely chopped red onion
- 2 tbsp extra virgin olive oil
- 1 tbsp Italian spice blend
- Salt and pepper to taste

1. Combine tomatoes, onion, olive oil, spice blend in a large bowl. Gently mix to combine ingredients. Salt and pepper to taste. Set aside until ready to use.

### **Nutrition Facts**

|                             |       |
|-----------------------------|-------|
| Serving Size: 1/8 of recipe |       |
| Calories                    | 140   |
| Total Fat                   | 5g    |
| Saturated Fat               | 1.5g  |
| Cholesterol                 | 5mg   |
| Sodium                      | 400mg |
| Carbohydrates               | 18gm  |
| Dietary Fiber               | 3g    |
| Sugars                      | 4g    |
| Protein                     | 5g    |

### **Diabetic Exchanges**

|               |   |
|---------------|---|
| Protein       | 1 |
| Fat           | 1 |
| Carbohydrates | 1 |

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