



Eggplant Delight

Course Main Dish

Servings

50

Ingredients

- 12.50 medium eggplant 1/4 inch thick slices
- 25 tablespoon olive oil divided
- 100 oz whole wheat penne pasta cooked
- 100 oz mushrooms sliced
- 12.50 shallot diced
- 12.50 medium zucchini squash sliced
- 37.50 garlic cloves minced
- 6 1/4 cup water
- 12.50 tablespoon lemon juice
- 25 medium tomatoes diced
- 12.50 tablespoon oregano
- 12.50 tablespoon parsley flakes
- 6 1/4 teaspoon salt
- 6 1/4 teaspoon pepper

Instructions

1. Clean your preparation area and wash hands
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2. Preheat oven to 400° F.
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3. Spread 1 tablespoon of olive oil across the bottom of a lined baking sheet and arrange sliced eggplant.
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4. Bake eggplant for 20 minutes or until tender and lightly browned.
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5. While eggplant bakes, place a large skillet over medium heat and add 1tbs olive oil. Add the sliced mushrooms, diced shallot, sliced zucchini, and minced garlic into skillet and cook for 5 minutes.

6. 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.

7. Add roasted eggplant and cook until all veggies are tender; about 5 minutes.

8. Remove from heat and serve over cooked whole wheat penne pasta.

Recipe Notes

Nutrition Facts	
4 servings per container	
Serving size	(437g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 60g	22%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 3mg	15%
Potassium 1145mg	25%
*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.	

