

Serves 6

Broiled Eggplant Parmesan

2 medium eggplants with skin, sliced 1-inch thick

Pepper to taste

Vegetable oil cooking spray

1 jar (16 ounces) marinara (spaghetti) sauce

1/2 cup fresh basil, chopped OR 1/8 cup dried basil, crushed

2 cups mozzarella cheese, part-skim, grated

1/2 cup Parmesan cheese, grated

1. Preheat broiler.
2. Spray broiler pan with vegetable oil cooking spray.
3. Wash and prepare eggplant.
4. Season eggplant with pepper, spray lightly with vegetable oil cooking spray.
5. Arrange on broiler pan and broil for 3 to 5 minutes on each side or until lightly browned.
6. Place in a baking dish and set aside.
7. Heat marinara or spaghetti sauce in a saucepan.
8. Add basil, and cook about 1 minute.
9. Spoon sauce over eggplant.
10. Top with mozzarella and Parmesan cheese and broil just until cheese melts.

Nutrition Facts: Serving size: about 1 cup; Calories: 210; Fruits and Vegetables: 4 1/2; Fat: 10 g; Fiber: 5 g

Tips:

- Blue and purple fruits and vegetables may help with brain and memory function and help slow down the aging process.
- Shop at your local farmers' markets for fresh fruits and vegetables in season.

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