
Eggplant and Ziti Parmesan

Marjie Haas - Maryland

North American Potpourri - Autism Directory Service, Inc - 1993

1 1/4 pounds eggplant, peeled and cut crosswise into 1/4-inch slices

8 ounces ziti pasta

1 tablespoon oil

1 large clove (more or less to taste) garlic, crushed

1 1/3 cups part skim ricotta cheese

1 1/4 cups grated lowfat mozzarella cheese

1/4 cup minced fresh parsley or 1 tablespoon dried parsley flakes

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

1/4 teaspoon hot red pepper flakes (optional)

2 cups tomato sauce

Preheat the oven to 400 degrees.

Sprinkle the eggplant with salt. Place in a colander. Let drain for 30 minutes. Rinse the eggplant and pat dry.

Cook the pasta according to package directions. Set aside. In a bowl, combine the oil and garlic. Smear on the eggplant slices. Broil the slices about four inches from the heat, turning them once, for a total of 5 minutes.

In a large bowl, combine the cheeses (reserve one cup of the mozzarella), the parsley, basil, oregano and red pepper flakes. Toss the mixture with the ziti.

Grease a 2-1/2 to 3-quart casserole dish. Spread a thin layer of tomato sauce on the bottom of the casserole. Add half of the ziti mixture, then half of the eggplant slices, and then half of the remaining tomato sauce. Repeat the ziti, eggplant and sauce layers. Top the casserole with the reserved mozzarella. Cover the casserole.

Bake in a preheated 400 degree oven for 30 minutes. Remove the cover.

bake for an additional 15 minutes or until the top is lightly browned.

Side Dishes

Per Serving (excluding unknown items): 1237 Calories; 19g Fat (13.4% calories from fat); 41g Protein; 234g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 2995mg Sodium. Exchanges: 11 1/2 Grain(Starch); 11 1/2 Vegetable; 2 1/2 Fat.