

Eggplant Fold-Over

Chef Michelle - Aldi Test Kitchen
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Servings: 5

cooking spray
1/4 cup + 2 tablespoons
pure olive oil, divided
2 tablespoons paprika
1/4 teaspoon chili powder
1 large eggplant, cut
lengthwise into five equal
slices
salt (to taste)
pepper (to taste)
1/4 cup slivered almonds
3 cloves garlic, minced
1/4 cup red onion, diced
28 ounces diced tomatoes,
drained
5 ounces baby spinach
3 1/2 ounces smoked
gouda cheese, shredded

Preparation Time: 15 minutes

Cook Time: 45 minutes

Preheat the oven to 375 degrees.

Coat a baking sheet with cooking spray.

In a small bowl, combine the 1/4 cup of oil, paprika and chili powder.

Place the eggplant slices on the baking sheet. Brush each side evenly with the paprika oil. Season to taste with salt and pepper.

Bake for 10 minutes. Turn.

Bake for 8 minutes or until tender.

In a large skillet over medium-high heat, toast the almonds, about 2 minutes. Reserve.

In the same skillet, heat the remaining two tablespoons of oil over medium-high heat. Sauté the garlic and onions for 2 minutes. Add the tomatoes. Sauté for 4 minutes.

Add the spinach in batches, stirring until wilted. Season to taste with salt and pepper. Transfer to a colander to drain the excess liquid for 10 minutes.

In a large bowl, combine the spinach mixture, almonds and gouda. Place one-fifth of the mixture on the larger half of each eggplant slice. Fold the smaller half over the spinach mixture.

Bake for 15 minutes or until the cheese is melted.

Per Serving (excluding unknown items): 185 Calories; 11g Fat (47.3% calories from fat); 9g Protein; 17g Carbohydrate; 5g Dietary Fiber; 21mg Cholesterol; 191mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 3 Vegetable; 1 1/2 Fat.