

# Eggplant Spinach Casserole

Mr. James Ware

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

## Servings: 4

1 small eggplant  
flour  
salt  
black pepper  
red pepper  
olive oil  
1 package (10 ounce) frozen chopped  
spinach, uncooked and thawed  
1 package (6 ounce) brick cheese,  
sliced  
1 package (6 ounce) Swiss cheese,  
sliced  
Parmesan cheese, grated  
grated onion OR onion powder  
(optional)  
seasoned bread crumbs  
butter

Preheat the oven to 325 degrees.

Peel and slice the eggplant. Salt the slices and drain on paper towels about 10 minutes.

Dredge the eggplant slices in flour that has been seasoned with salt and pepper. In a skillet, fry over medium heat in olive oil until brown. Drain.

Grease a deep casserole ( a loaf pan is ideal).

Line the bottom of the pan with half of the eggplant, half of the spinach, a layer of brick cheese and a layer of Swiss cheese. Sprinkle with Parmesan cheese and onion, if desired. Repeat the layers.

Top with bread crumbs and dot with butter.

Bake for 30 minutes or until the cheese bubbles.

---

Per Serving (excluding unknown items): 269 Calories; 17g Fat (53.8% calories from fat); 19g Protein; 13g Carbohydrate; 6g Dietary Fiber; 53mg Cholesterol; 320mg Sodium. Exchanges: 2 Lean Meat; 2 1/2 Vegetable; 2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	269	Vitamin B6 (mg):	.3mg
% Calories from Fat:	53.8%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	18.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	27.3%	Riboflavin B2 (mg):	.4mg

**Total Fat (g):** 17g  
**Saturated Fat (g):** 10g  
**Monounsaturated Fat (g):** 5g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 53mg  
**Carbohydrate (g):** 13g  
**Dietary Fiber (g):** 6g  
**Protein (g):** 19g  
**Sodium (mg):** 320mg  
**Potassium (mg):** 686mg  
**Calcium (mg):** 598mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 30mg  
**Vitamin A (i.u.):** 9467IU  
**Vitamin A (r.e.):** 1055RE

**Folacin (mcg):** 165mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Daily Values\***

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 2  
**Vegetable:** 2 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 269 **Calories from Fat:** 145

### % Daily Values\*

<b>Total Fat</b>	17g	26%
Saturated Fat	10g	52%
<b>Cholesterol</b>	53mg	18%
<b>Sodium</b>	320mg	13%
<b>Total Carbohydrates</b>	13g	4%
Dietary Fiber	6g	25%
<b>Protein</b>	19g	
<b>Vitamin A</b>		189%
<b>Vitamin C</b>		49%
<b>Calcium</b>		60%
<b>Iron</b>		16%

\* Percent Daily Values are based on a 2000 calorie diet.