

## **Eggplant Squash Bake**

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**Servings: 4**

*Dietary Exchanges: 1 lean meat, 3 vegetable, 1 fat*

*Calories: 190, Calories from fat: 35%*

**1/2 cup chopped onion**

**1 clove garlic, minced**

**Nonstick olive oil cooking spray**

**1 cup part-skim ricotta cheese**

**1 jar (4 oz.) diced pimiento, drained**

**1/4 cup grated parmesan cheese**

**2 tablespoons fat-free (skim) milk**

**1 1/2 teaspoons dried marjoram**

**3/4 teaspoon dried tarragon**

**1/4 teaspoon ground nutmeg**

**1/4 teaspoon salt**

**1/4 teaspoon black pepper**

**1 cup no-sugar-added meatless spaghetti sauce, divided**

**1/2 pound eggplant, peeled and cut into thin crosswise slices**

**6 ounces zucchini, cut in half then lengthwise into thin slices**

**6 ounces yellow summer squash, cut in half then lengthwise into thin slices**

**2 tablespoons part-skim mozzarella cheese, shredded**

Combine onion and garlic in medium microwavable bowl. Spray lightly with cooking spray. Microwave at HIGH for one minute.

Add next nine ingredients ending with pepper; mix well. Spray 9-inch or 10-inch round microwavable baking dish with cooking spray. Spread 1/3 cup spaghetti sauce onto bottom of dish.

Layer half of eggplant, zucchini and squash in dish; spoon on ricotta cheese mixture. Repeat layering with remaining eggplant, zucchini and summer squash. Top with remaining 2/3 cup spaghetti sauce.

Cover with vented plastic wrap. Microwave at HIGH seventeen to nineteen minutes or until vegetables are tender, rotating dish every six minutes. Top with mozzarella cheese.

Let stand ten minutes before serving.

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Per Serving (excluding unknown items): 137 Calories; 7g Fat (42.6% calories from fat); 10g Protein; 10g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 307mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat.