

# Potato-Eggplant Casserole

Chris Blanton - Madison, TN  
*Southern Living - 1987 Annual Recipes*

## Servings: 8

1 medium (1-1/4 pound) eggplant,  
peeled and sliced  
2 large potatoes, peeled and sliced  
1 large onion, sliced  
1 green pepper, cut into rings  
1/2 teaspoon garlic powder  
1/2 teaspoon Italian seasoning  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 can (10-1/4 ounce) cream of  
chicken soup, undiluted  
2/3 cup milk  
2 tablespoons Parmesan cheese, grated  
1/4 cup fine dry breadcrumbs  
2 tablespoons butter or margarine,  
melted

Preheat the oven to 425 degrees.

Divide the vegetables in half.

In a lightly greased 13x9x2-inch baking dish,  
layer half of the eggplant, half of the potatoes,  
half of the onion and half of the green pepper.  
Repeat the layers.

In a bowl, combine the garlic powder, Italian  
seasoning, salt and pepper. Sprinkle over the  
vegetables.

In a bowl, combine the soup and milk. Pour over  
the vegetables.

Sprinkle cheese over the soup mixture.

In a bowl, combine the breadcrumbs and butter.  
Sprinkle over the casserole. Cover.

Bake for 45 minutes. Uncover. Bake for an  
additional 15 minutes.

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Per Serving (excluding unknown  
items): 121 Calories; 5g Fat (37.5%  
calories from fat); 4g Protein; 16g  
Carbohydrate; 3g Dietary Fiber;  
13mg Cholesterol; 286mg Sodium.  
Exchanges: 1/2 Grain(Starch); 0  
Lean Meat; 1 Vegetable; 0 Non-Fat  
Milk; 1 Fat.

Vegetarian

## Per Serving Nutritional Analysis

Calories (kcal):	121	Vitamin B6 (mg):	.2mg
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% Calories from Fat:	37.5%
% Calories from Carbohydrates:	50.9%
% Calories from Protein:	11.5%
Total Fat (g):	5g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	13mg
Carbohydrate (g):	16g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	286mg
Potassium (mg):	392mg
Calcium (mg):	65mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	21mg
Vitamin A (i.u.):	355IU
Vitamin A (r.e.):	58RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	23mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 121 Calories from Fat: 45

### % Daily Values\*

<b>Total Fat</b>	5g	8%
Saturated Fat	3g	14%
<b>Cholesterol</b>	13mg	4%
<b>Sodium</b>	286mg	12%
<b>Total Carbohydrates</b>	16g	5%
Dietary Fiber	3g	10%
<b>Protein</b>	4g	
<b>Vitamin A</b>		7%
<b>Vitamin C</b>		36%
<b>Calcium</b>		7%
<b>Iron</b>		5%

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