

Mediterranean Roasted Eggplant with Tomato Sauce

Yield 4 servings

Ingredients

2	eggplant (small)
1 cup	pizza sauce (low-sodium, or spaghetti sauce)
1/4 cup	yogurt (low-fat plain)
1	garlic clove (finely chopped)
	vegetable oil spray (as needed)

Instructions

1. Wash hands thoroughly with warm water and soap.
2. Preheat the oven to 350° F.
3. Wash and remove the stem end, and slice the eggplants into 1/2-inch slices.
4. Spray a baking pan with vegetable oil spray and lay the eggplant in the pan in a single layer.
5. Spoon low-sodium pizza or spaghetti sauce on each slice.
6. Bake 30 minutes in the preheated oven.
7. Stir the yogurt and garlic together.
8. Drizzle the sauce in thin lines on each of the eggplant slices before serving. You can do this easily by putting the sauce in a plastic squirt bottle or using a spoon.
9. Serve immediately as an entrée or side dish.

Cost

Per recipe: \$3.60

Per serving: \$0.90

Source

Arizona Nutrition Network, [Adapted from: "Do Yourself a Flavor" by Graham Kerr](#)

Nutrition Facts

Serving Size 1/4 recipe (302g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 26g **9%**

Dietary Fiber 7g **28%**

Sugars 12g

Protein 4g

Vitamin A 10% • Vitamin C 8%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4