

## Eggplant Pizza Snacks

(serves 8)

Enjoy as a snack or appetizer! Or add as a vegetable side dish with shrimp or chicken and pasta or noodles.

### Ingredients

2 medium eggplants (makes 16 slices) (Tip 1)  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 cup traditional or tomato mushroom jarred pasta sauce  
1 cup shredded mozzarella cheese  
*Basil or oregano (optional)*



### Directions

1. Preheat oven to 350°F.
2. Spray baking sheet with nonstick cooking spray or line with parchment paper.
3. Wash hands with soap and water.
4. Gently rub eggplant under cold running water.
5. Slice eggplant into 1/2-inch thick circular slices. Place eggplant on a plate or cutting board and sprinkle with salt.
6. Let sit with salt on top for 20-25 minutes. Use a paper towel to remove any excess liquid and salt on the eggplant slices.
7. Spray both sides of prepared eggplant slices with nonstick cooking spray and sprinkle with pepper.
8. Place eggplant slices on baking sheet and bake for five minutes. Remove from oven and flip eggplant slices. Bake for an additional 3 to 5 minutes or until eggplant is tender.
9. Top each eggplant slice with 1 tablespoon pasta sauce. Sprinkle each slice with 1 tablespoon mozzarella cheese.
10. Bake an additional 3 to 4 minutes or until cheese is melted (Tip 2).
11. Cover and refrigerate within 2 hours of making. Store leftovers in the refrigerator for up to 4 days.

**Tip 1:** Recipe makes approximately 16 slices, but this may vary depending on size of eggplant.

**Tip 2:** Top with fresh or dried basil or oregano before final baking step.

**Variation:** Try this recipe with zucchini squash, adjusting the amount of tomato sauce and cheese used since squash slices are smaller.

**Nutrition Facts per 2 eggplant slices:** 90 calories, 4g fat, 290mg sodium, 11g carbohydrate, 3g fiber, 5g protein

Recipe from Illinois Nutrition Education Programs, Eat.Move.Save., University of Illinois Extension

## Roasted Ratatouille

(serves 6)

Serve with seasoned chicken and cooked pasta or rice.

### Ingredients

1 medium zucchini  
1 medium eggplant  
1 small onion (any color)  
1 small bell pepper (any color)  
4 mushrooms  
1 medium tomato or 1 cup grape or cherry tomatoes  
2 cloves garlic  
2 Tbsp oil  
1 tsp dried basil  
1 tsp dried thyme leaves  
1 tsp dried rosemary  
1/2 tsp salt  
1/2 tsp ground black pepper



### Directions

1. Preheat oven to 400°F.
2. Wash hands with soap and water.
3. Wash produce under cool water.
4. Dice zucchini, eggplant, onion, and bell pepper into ½-inch cubes or pieces. Quarter or halve mushrooms, depending on size. Dice tomato into 1/2-inch cubes. (If using grape or cherry, cut in half.) Finely minced garlic.
5. In a large bowl, add vegetables, garlic, oil, herbs, and black pepper. Mix to combine. Spread evenly on a baking sheet lined with foil or parchment paper.
6. Bake for 45 minutes or until vegetables are tender.
7. Refrigerate leftovers within 2 hours. Eat within 4 days.

**Nutrition Facts per serving:** 80 calories, 5g fat, 200mg sodium, 10g carbohydrate, 4g fiber, 2g protein

Recipe by Caitlin Mellendorf, University of Illinois Extension, 2018

# Illinois Extension



## Eggplant Dip

(serves 6)

Along with being a dip, try as a spread on sandwiches or wraps.

### Ingredients

- 1 medium eggplant
- 1 clove garlic, peeled
- 2 Tbsp lemon juice
- 2 Tbsp tahini or peanut butter
- 2 Tbsp olive oil
- 2 Tbsp yogurt (optional)
- 1 Tbsp fresh parsley (optional)



### Directions

1. Preheat oven to 400°F.
2. Wash hands with soap and water.
3. Wash eggplant under cool water.
4. Slice eggplant into 1-inch rounds. Lay on a foil- or parchment-lined baking sheet in a single layer. Bake 30 minutes or until eggplant is tender. Set aside to cool until easy to handle. Remove peel on eggplant with clean hands.
5. Add eggplant, garlic, lemon juice, tahini, olive oil, and yogurt, if using, to a blender or food processor. Puree until smooth.
6. Add to a bowl and sprinkle with parsley, if using. Serve with vegetable sticks, pita bread, or crackers.
7. Cover and refrigerate leftovers for up to 4 days.

**Nutrition Facts per serving (without yogurt or parsley):** 90 calories, 7g fat, 0mg sodium, 7g carbohydrate, 3g fiber, 2g protein

Recipe by Caitlin Mellendorf, University of Illinois Extension, 2018