



Pasta with Eggplant and Tomato



Ingredients



- 4 oz. pasta
- 1/2 tsp olive oil
- 1/4 eggplant
- 1 clove garlic, finely chopped
- Dash of chili flakes
- 1/2 cup canned tomatoes finely diced
- 1 oz. Romano or Parmesan, finely grated (optional)

Yield: 2 servings
Serving Size: 2 oz



Directions



1. Bring a pot of water to boil and add a pinch of salt. Cook pasta according to recipe, or until al dente.
2. In a frying pan, splash the olive oil to pan and put on high heat.
3. Add cubed eggplant cubes to the pasta, sprinkle with salt, and cook for about 5 minutes. If eggplant gets too dry, add water.
4. Once eggplant is browned on all sides, add chili flakes and stir. Add tomatoes and cook for about 5 minutes, stirring occasionally.
5. Once the pasta is cooked, drain it and add it to the sauce pan. Toss everything together, then turn off the heat. Add salt and pepper to taste.
6. Serve in bowls and sprinkle with Romano or Parmesan cheese .

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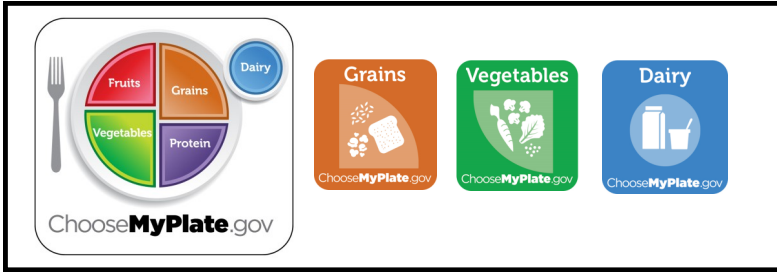
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Fast Facts



Featured Food Groups



Cooking Tips



- Top your pasta with any vegetables you have on hand. Some recommendations: broccoli, cauliflower, spinach, zucchini, and peppers.
- Cheese and fresh basil is a nice addition as well.

Nutrition Facts



Nutrition Facts

2 servings per container	
Serving size	3 oz
Amount Per Serving	
Calories	300
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 0.9g	5%
<i>Trans Fat</i> 0g	
Cholesterol < 5mg	1%
Sodium 280mg	12%
Total Carbohydrate 34g	12%
Dietary Fiber 20g	71%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 29g	58%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

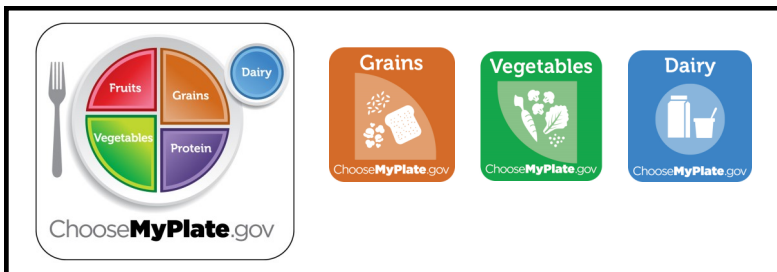
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