

Baked Eggplant

Prep time: 45 min

Serves: 6

INGREDIENTS

1 eggplant

3 tomatoes

1 tablespoon of EVOO

1 teaspoon of oregano

1/3 cup of grated Parmesan
cheese

Salt and black pepper

Preheat oven to 400 degrees F (200 C)

Slice eggplant and tomatoes, and put them in the
dish

Add parmesan, EVOO, oregano, salt, and pepper

Bake for 30 min until cheese starts to turn brown

Switch the oven broiler to high, and continue
baking for another 5 min



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	50
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 70mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	