

EGGPLANT PASTA



Try this tasty pasta for your next Meatless Monday! Eggplant is great for mimicking the hearty, savory texture that meat provides to dishes. Even if you regularly eat meat, swapping in veggies is a great way to increase your fiber intake while reducing overall costs, cholesterol, and fat.



Scale Up

4 cups may not be a whole eggplant. You can always double the recipe and freeze some for your next pasta night or add to lasagna or baked ziti!

Hidden Veggies

“Hiding” veggies is one way to get more of them in your family’s diet. It also keeps you full longer, whether you know they’re there or not! Eggplant complements the tomato sauce well, so the flavor and color is barely detectable. If making a meat sauce, try reducing your amount of ground beef or turkey in half and adding eggplant for the rest.

Ingredients

- 4 cups cubed eggplant
- 1 Tbsp. olive oil
- 1 Tbsp. salt-free garlic & herb seasoning
- 1/4 tsp salt
- 1 and 1/2 cups spaghetti sauce
- 2-3 cups dry pasta like penne or rotini, preferably whole wheat

Directions

1. Your first step is always wash your hands and rinse all produce you’re going to be using.
2. Cut eggplant into rounds and cut each round into small pieces. We recommend 16 pieces for a meatier texture, but dicing will give you a smoother final product.
3. Sauté eggplant with olive oil, seasoning, and salt until soft, about 10 minutes. It will reduce in size by about half, amounting in 2 cups of cooked eggplant.
4. Puree cooked eggplant with spaghetti sauce. It will have a texture almost like meat sauce.
5. Cook pasta according to package directions. Toss warm pasta with sauce. Top with Parmesan cheese, if desired.