

Eggplant Parmesan in a Pot

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Prep Time: 3

This is an easy spin on a classic Italian dish without all the fat. Since the eggplant is cut up into tiny pieces and camouflaged in the pasta, it's a big hit with kids and adults alike. Keep skins on your vegetables for extra fiber, vitamins and minerals. Sliced mushrooms would also be a great addition; just sauté them with the sliced eggplant. The marinara sauce can be made ahead of time and frozen for a quicker prep time.

2 cups Harvesters homemade marinara sauce (16 ounces) (page 38)
1/2 pound uncooked whole wheat rotini or other twisted-shaped pasta
2 Tablespoons canola oil
1 medium eggplant, unpeeled, diced into cubes (about 1 pound)
1 teaspoon dried basil
1 teaspoon garlic powder
1/2 teaspoon onion powder
1 cup part-skim mozzarella, shredded (4 ounces)
1/3 cup Parmesan cheese, grated (1.2 ounces)
1 ounce sliced turkey pepperoni, quartered (about 17 slices)

Prepare the marinara sauce (see page 38 for ingredients and directions).

Boil 2 to 3 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking. Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and follow the rest of the recipe.

While the pasta is cooking, heat the oil in a large skillet over medium-high heat. Add the eggplant, basil, garlic powder and onion powder, and cook, stirring frequently, until the eggplant becomes very tender, 8-10 minutes. Reduce heat if the eggplant starts to stick.

Add the cooked pasta, pasta sauce, mozzarella cheese, Parmesan cheese and turkey pepperoni and stir to combine. Place over medium heat and stir until pasta is re-heated and cheese melts.

Serves 6

Calories 371; Fat 15g; Protein 17g; Carbohydrate 46g; Fiber 9g; Sodium 338mg.

NOTES: _____

Total Cost: \$5.27

Cost Per Serving (6): \$0.88

Pasta with Homemade Marinara Sauce

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Prep Time: 2

Making homemade tomato sauce is easy and nutritious; either canned or fresh tomatoes taste great. It is easier for the body to absorb lycopene (an antioxidant) from canned tomatoes. Simmer for up to an hour for better flavor. Adding favorite leftover vegetables or meat to this sauce will make an even heartier meal.

2 Tablespoons olive oil
1 small onion, diced (1/2 cup)
1 garlic clove, minced (1 teaspoon) or 1/8 teaspoon garlic powder
1 medium-large celery stalk, diced (1/2 cup)
1 medium carrot, diced (1/2 cup)
1/2 teaspoon black pepper
2 (14.5 ounce) cans no-salt added crushed tomatoes
1 dried bay leaf
1 teaspoon Italian seasoning
4-6 quarts water
1 pound uncooked whole wheat pasta

In a large pot, heat oil over a medium high heat. Add the onion, garlic, celery, carrot, and black pepper; sauté until vegetables are soft, about 10 minutes. Add tomatoes, bay leaf and Italian seasoning. Simmer uncovered over low heat until sauce thickens, about 10 to 15 minutes and remove bay leaf.

Meanwhile, Boil 4 to 6 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking. Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and serve with the marinara sauce.

Serves 8

Yields ~4 cups sauce.

Calories 306; Fat 4g; Protein 12g; Carbohydrate 59g; Fiber 4g; Sodium 69mg.

NOTES: _____

Total Cost: \$3.91

Cost Per Serving (8): \$0.49