

## Eggplant Casserole



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor

10" Electric Oil Core Skillet

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### Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide

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2

eggplants, sliced, use Cone #4

2

teaspoons

sea salt

(10

mL)

2

cups

whole wheat bread crumbs

(216

g)

1

zucchini, sliced, use Cone #4

24

ounces

low-fat spaghetti sauce

(710

mL)

2

cups

fresh spinach

(60

g)  
4  
tablespoons  
nutritional yeast  
(20  
g)

3  
tablespoons  
granulated garlic powder  
(25  
g)

**Directions:**

1. Salt sliced eggplant and let sit for 15 minutes, pat dry.
2. Place eggplant in a bag with whole wheat bread crumbs, shake until well covered.
3. In electric skillet, layer 8 ounces (240mL) spaghetti sauce, half eggplant slices, spinach and zucchini.
4. Add 8 ounces (240mL) spaghetti sauce and remaining eggplant slices.
5. Top with remaining spaghetti sauce, bread crumbs, and a thin layer of nutritional yeast and garlic powder.
6. Cover and cook at 350°F/175°C.
7. When Vapo-Valve? clicks, reduce temperature to 185°F/85°C. Cook 25 - 30 minutes, until eggplant is tender.

Nutritional Information per Serving

**Calories:**

200

**Total Fat:**

2g

**Saturated Fat:**

0g

**Cholesterol:**

0mg

**Sodium:**

988mg

**Total Carbs:**

40g

**Dietary Fiber:**

10g

**Sugar:**

12g

**Protein:**

9g