

Eggplant Casserole



Makes:

8 servings

Utensil:

Saladmaster Food Processor
10" Electric Oil Core Skillet

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Recipe:

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 40g
Carbs:
Dietary Fiber: 10g
Sugar: 12g
Protein: 9g
