

Eggplant Parmesan Sandwiches Makes 6 servings

1/2 cup reduced calorie Italian salad dressing
1 t rosemary
1/4 t oregano
1 large eggplant, sliced into 3/4" rounds
1 cup no salt added tomato sauce
1/2 t black pepper
2 ounces fresh grated parmesan cheese
3/4 cup part skim ricotta cheese
12 oz. focaccia bread



In a shallow large bowl combine salad dressing, rosemary, and oregano. Add eggplant to bowl mix well ensuring to cover all the eggplant with the dressing mixture and refrigerate for 1 hour. Move oven rack to the top position and turn on the broiler. After refrigeration, place eggplant on a pan in one layer and broil until the top is lightly browned (7-8 minutes). Take eggplant out, flip and broil opposite side until brown (5 minutes). Meanwhile, cut the top off the focaccia loaf. After broiling, place eggplant in a baking dish, layering it with tomato sauce and seasoning lightly with pepper. Place the focaccia on the old eggplant pan. Put the eggplant under the broiler and the focaccia pan on a lower rack for an additional 3 minutes. Finally, spread ricotta evenly onto the focaccia, top with eggplant and sauce mixture then parmesan cheese and broil until cheese is browned (2 minutes). Replace focaccia top, slice into six equal pieces and serve.

Nutrition information: 280 calories, 11g fat, 14g protein, 33g carbohydrate, 650mg sodium, 4g dietary fiber.
Excellent source of Calcium, Good source of Iron.

Adapted from American heart Association 5th Edition Cookbook



University
Health
Center

