

Tomato & Eggplant Gratin



- 2 medium eggplants (1-1/2 pounds)
- 4 tablespoons olive oil
- 14 ounces ripe tomatoes, sliced (2 medium)
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon pepper
- 1/2 cup grated Parmesan cheese

1. Preheat broiler. Thickly slice eggplant and arrange in a single layer on a foil lined broiler rack. Brush with some olive oil and broil 15-20 minutes, turning once, until golden on both sides. Brush second side with oil after turning.
2. Preheat oven to 400°F. Toss eggplant and tomatoes together in bowl with seasoning then pile into shallow oven-proof dish. Drizzle with remaining olive oil and sprinkle with cheese. Bake 20 minutes until cheese is golden and vegetables are hot. Serve immediately.

Serves 6.

Nutrition Facts (without added salt)		
Servings per recipe: 6		
Amount Per Serving		
Calories 147	Calories from fat 99	
	% Daily Value	
Total Fat 11g		17%
Saturated Fat 3g		13%
Cholesterol 5mg		2%
Sodium 310mg		13%
Carbohydrate 9g		3%
Dietary Fiber 4g		17%
Protein 4g		8%
Vitamin A: 10%	Vitamin C: 22%	Folacin: 7%
Calcium: 10%	Iron: 4%	Potassium: 10%

Modified from original source: Farrow, Joanna. (2003) The Cook's Encyclopedia of Four Ingredient Cooking, Barnes & Noble Books, NY, NY with Annes Publishing Limited 2003, Hermes House 88089 Blackfriars Road, London, SE 8 HA, p. 132.
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