Eggplant is an excellent source of dietary fiber and large quantities of minerals like potassium, magnesium, calcium and phosphorous. Eggplant is high in vitamin A (in the form of beta-carotene), B vitamins, folate and vitamin C. Eggplant is fat free, low in carbs and 27 calories per 1-cup serving, which makes it an excellent addition to any diet.

Eggplant Casserole with Polenta

Serves 8

Ingredients

Casserole
1 large onion, diced
2 large eggplants, diced
2 large tomatoes, diced
1 cup basil, chopped
1 large bell pepper, diced
8 cloves garlic, minced
salt and pepper, to taste

Polenta
1 1/2 cup coarse cornmeal
3/4 teaspoon salt
5 cups water

Directions
1. To make the polenta, bring water to a boil in large saucepan. Whisk in the cornmeal, allowing it to mix slowly, about 30 minutes. Season with salt and set aside.

2. Meanwhile, preheat the oven to 400 degrees F. Place the onion in a large saucepan and sauté over medium heat for 10 minutes. Add a tablespoon of water at a time to keep the onions from sticking. Add the pepper, eggplant, and garlic and cook, covered for 15 minutes, stirring occasionally, adding more water as needed. Stir in the tomatoes, season with salt and pepper, and cook for another 10 minutes. Add the basil and spoon the mixture into a 9x13-inch baking dish. Spoon the polenta over the eggplant mixture and bake for 30 minutes until golden brown.