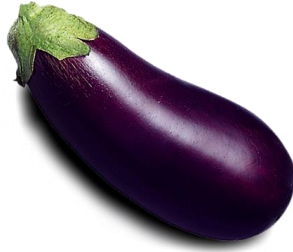


Eggplant



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

Polenta

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

Directions

1. To make the polenta, bring water to a boil in large saucepan, Whisk in the cornmeal, a little at a time. Cook, stirring often, until the mixture is thick and creamy, 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.