

Whole Grain Penne

WITH EGGPLANT AND TOMATOES



PORTION: 2 cups
SERVES: 6

INGREDIENTS

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| <u>3 cup Diced Eggplant, Peeled</u> | <u>1 pint Fresh Cherry Tomatoes, Halved</u> |
| <u>1/2 tsp Salt</u> | <u>1/4 tsp Ground Black Pepper</u> |
| <u>2 Tbsp Extra Virgin Olive Oil</u> | <u>1/4 cup Fresh Basil</u> |
| <u>1 ea Fresh Onions</u> | <u>1/2 cup Fresh Parmesan Cheese, Shredded</u> |
| <u>1/4 tsp Crushed Red Pepper Flakes</u> | <u>1 gal Boiling Water</u> |
| <u>1 Tbsp All Purpose Flour</u> | <u>1/2 lb Fresh Spinach, Chopped</u> |

METHOD

1. Sprinkle eggplant with salt. Transfer to a colander and place a weight on top. Allow the eggplant to drain for 1 hour.
2. Heat olive oil in a large skillet over medium heat. Add onions and red pepper flakes. Sweat until the onions are translucent, about 5 minutes.
3. Dredge the seasoned and drained eggplant in the flour and add to the skillet. Cook over medium heat until thoroughly cooked. Add cherry tomatoes to skillet and season with pepper. Cook for an additional 2 minutes.
4. Add pasta to boiling water and cook according to package directions. Drain and reserve some of the cooking water. Toss pasta in the skillet with the sauce and the spinach. Allow the spinach to wilt slightly. Add the reserved cooking water in small amounts at a time until the sauce reaches the desired consistency. Top with the parmesan cheese and basil.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
360	9g	2.5g	56g	15g	6	360mg