

EGGPLANT MEDALIONS

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 2 slices (2 medallions)

Nutrition (per serving)

Calories: 57

Total Fat: 3.9 g

Sodium: 190 mg

Total Carbohydrate:

Dietary Fiber: 0.7 g

Protein: 2.5 g



Ingredients

Eggplant, sliced in 1/2 inch slices

Spaghetti Sauce, (about 2 Tbsp per slice)

Mozzarella Cheese, shredded, (1-2 Tbsp per slice)

Olive Oil



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Directions

1. Wash and slice eggplant in ½ inch thick slices.
2. Place eggplant on baking sheet, not overlapping. Drizzle with olive oil. Place in oven on broil for 2-4 minutes on each side. (Alternatively, the sliced eggplant can be grilled on an indoor or outdoor grill.)
3. Remove eggplant from oven. Top each slice with prepared spaghetti sauce and 1-2 Tbsp of shredded mozzarella cheese.
4. Return to oven just long enough to melt cheese. (If using a grill, cover grill and allow cheese to melt before serving).