



Washington
Farmers Market
Nutrition Program

Ingredients:

- 1 small eggplant
- 1 1/2 cups sliced mushrooms (or 1/4 pound raw)
- 1 cup chopped tomatoes
- 1/4 cup bread crumbs
- 1/4 cup parmesan cheese, grated

Eggplant Casserole

Makes 2-3 servings



Directions:

1. Place eggplant in a large pot of boiling water. Reduce heat and simmer 10 minutes. Drain and cool. Cut into 1 inch pieces. Place in a greased casserole dish with sliced mushrooms and tomato sauce.
2. Combine bread crumbs and cheese. Sprinkle on top of the casserole.



Washington
Farmers Market
Nutrition Program

Ingredients:

- 1 small eggplant
- 1 1/2 cups sliced mushrooms (or 1/4 pound raw)
- 1 cup chopped tomatoes
- 1/4 cup bread crumbs
- 1/4 cup parmesan cheese, grated

Eggplant Casserole

Makes 2-3 servings



Directions:

1. Place eggplant in a large pot of boiling water. Reduce heat and simmer 10 minutes. Drain and cool. Cut into 1 inch pieces. Place in a greased casserole dish with sliced mushrooms and tomato sauce.
2. Combine bread crumbs and cheese. Sprinkle on top of the casserole.

Nutrition Facts	
Serving Size (465g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	9%
Cholesterol 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 31g	10%
Dietary Fiber 7g	29%
Sugars 14g	
Protein 10g	
Vitamin A 20%	Vitamin C 50%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Eggplant Casserole

Options

- If you don't have fresh mushrooms, substitute 1- 4 ounce can of mushrooms, drained.
- Try different varieties of eggplant—Asian, Japanese or Italian (also known as purple eggplant).
- Substitute 3/4 cup tomato sauce for fresh tomatoes.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

Nutrition Facts	
Serving Size (465g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	9%
Cholesterol 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 31g	10%
Dietary Fiber 7g	29%
Sugars 14g	
Protein 10g	
Vitamin A 20%	Vitamin C 50%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Eggplant Casserole

Options

- If you don't have fresh mushrooms, substitute 1- 4 ounce can of mushrooms, drained.
- Try different varieties of eggplant—Asian, Japanese or Italian (also known as purple eggplant).
- Substitute 3/4 cup tomato sauce for fresh tomatoes.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.