

Eggplant "Obama"san

Makes: 4 Servings

“ My dad is my favorite person in the world. This year he is not only my dad but also my 4th grade teacher,” says Jack. “A few years ago my dad was diagnosed with Type II diabetes. Since then we have tried to change our eating habits and embrace a healthier lifestyle. Before his diagnosis, one of his favorite dishes was always Eggplant Parmesan. My mom and I decided to try to make a healthier version of this dish that we all could enjoy without feeling an ounce of guilt.”

Ingredients

- 2 eggplants, peeled and cut lengthwise
- 1 **tablespoon** olive oil
- 1 medium onion, peeled and diced
- 3 garlic cloves, peeled and minced
- 1 **pound** spicy or sweet turkey sausage, casings removed
- 2 **cups** crushed tomatoes
- 1/2 **cup** panko bread crumbs
- salt and pepper to taste
- 1/2 **cup** shredded low-fat mozzarella cheese
- 1/4 **cup** grated Parmesan cheese
- 4 fresh basil leaves, thinly sliced

Directions

1. **Preheat the oven to 400°F.** Using a melon baller, remove the meat of the eggplant. Reserve the hollowed out eggplants. In a large pot of boiling water, cook the eggplant balls for 5 minutes. Remove from the water and set aside on paper towels to drain.
2. **In a large sauté pan,** heat the olive oil over medium heat. Add the onion, garlic, and eggplant balls and sauté for about 3 minutes. Add the sausage and cook, breaking the meat up with a wooden spoon, for about 7 minutes, or until



Nutrition Information

Nutrients	Amount
Calories	362
Total Fat	7 g
Saturated Fat	5 g
Cholesterol	92 mg
Sodium	648 mg
Total Carbohydrate	22 g
Dietary Fiber	10 g
Total Sugars	14 g
Added Sugars included	1 g
Protein	30 g
Vitamin D	N/A

lightly brown. Add 1 ½ cups of the crushed tomatoes, and the breadcrumbs. Season to taste with salt and pepper, and cook for 5 more minutes.

3. **In a large baking dish**, spread the remaining ½ cup of crushed tomatoes, and then top with the hollowed out eggplant. Scoop the cooked sausage mixture into the eggplants, and top with the mozzarella and Parmesan cheese. Sprinkle with the basil leaves. Cover the dish with foil and bake about 25 minutes, or until the cheese is melted. Remove from the oven and enjoy!

The 2015 Healthy Lunchtime Challenge Cookbook