

## Mediterranean Roasted Eggplant with Tomato Sauce

### *Ingredients:*

2 small eggplant

Vegetable oil spray

1 cup pizza or spaghetti sauce

1/4 cup low-fat, **plain** yogurt

1 garlic clove, minced



### *Directions:*

1. Preheat the oven to 350° F.
2. Slice the eggplants into ½" wide slices.
3. Spray 9" X 13" baking pan with non-stick spray. Lay eggplant slices in a single layer.
4. Spoon pizza or spaghetti sauce over each slice.
5. Bake 30 minutes or until eggplant is tender.
6. Stir the yogurt and garlic together.
7. Spoon the sauce in thin lines on each of the eggplant slices before serving.



Recipe adapted from Veggie Bites, Jennifer Blazek, Polk County UW-Extension

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