



Eggplant Zucchini Casserole

SERVING: 1 CUP
YIELD: 6

PREP TIME: 15 MIN
TOTAL TIME: 1 HOUR

Ingredients

- 2 cups Water
- 2 tbsp Margarine
- 8 oz Stuffing mix, dry
- 1 Eggplant, large, chopped
- 2 Summer Squash, large, diced
- 1 can Diced Tomato, 14.5 oz
- 1/2 Onion, chopped
- 1 tbsp Thyme, dried
- 1/2 tsp Black pepper
- Cooking spray

Directions

1. PREHEAT oven to 400°F. SPRAY a 2-quart casserole dish with cooking spray.
2. CHOP ingredients as indicated above.
3. In a microwave bowl, MIX water and margarine. STIR in stuffing mix and COVER with wax paper. COOK on HIGH for 8 to 10 minutes. FLUFF with a fork.
4. PLACE eggplant, zucchini, tomato and onion into a large skillet. SEASON with thyme and pepper. COOK and STIR over medium high heat for 10 minutes.
5. ADD stuffing to pan and mix gently. Turn off skillet.
6. Using the 20-quart casserole dish, spread stuffing mixture evenly.
7. BAKE for 40 minutes. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	240
<i>% Daily Value*</i>	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 700mg	30%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes <1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 390mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Recipe adapted from
getfreshcooking.com

Cost Per Recipe

\$7.50

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\$1.25