

Pasta with Eggplant and Tomato

Ingredients

- 8 oz pasta
- 2 Tablespoons olive oil
- 1 large eggplant, cubed
- 4 cloves garlic
- 1 teaspoon Italian seasoning
- ½ teaspoon chili flakes
- 2 cups finely diced tomatoes
- ½ cup shredded parmesan cheese
- Salt and pepper to taste



Directions

1. Bring large pot of water to a boil, cook pasta according to package instructions
2. In a skillet, heat oil on medium-high heat, add cubed eggplant until it browns slightly, season with salt.
3. Add garlic, chili flakes, and Italian seasoning
4. Add tomatoes and cook for 10 minutes. Add water if mixture begins to look dry.
5. Add ¼ cup of cheese
6. Add cooked, drained pasta. Top with remaining cheese and serve.

Nutrition Facts

Servings: 4

Amount per serving

Calories **289**

% Daily Value*

Total Fat 9.9g **13%**

Saturated Fat 1.8g **9%**

Cholesterol 45mg **15%**

Sodium 651mg **28%**

Total Carbohydrate 42.5g **15%**

Dietary Fiber 5.2g **19%**

Total Sugars 6g

Protein 9.6g