



## Eggplant Rice Beef Bake

from *trim&TERRIFIC® Gulf Coast Favorites Cookbook*

Plentiful amounts of eggplant, beef, marinara, and cheese give you an instant, one-dish casserole great for everyday meals.

Makes 8 servings

6 cups peeled, chopped, eggplant  
1 onion, chopped  
1 teaspoon minced garlic  
1/2 pound ground sirloin  
1 teaspoon dried oregano leaves  
1/2 teaspoon dried basil leaves  
3 cups cooked rice (brown preferred)  
Salt and pepper to taste  
2 cups marinara sauce  
1 cup shredded, part-skim, mozzarella cheese

1. Preheat oven 350°F. Coat 2-quart casserole dish with nonstick cooking spray.
2. In large nonstick skillet coated with nonstick cooking spray, sauté eggplant, onion, garlic, and meat until meat is done and eggplant tender, about 20 minutes. Add oregano, basil, and rice. Season to taste and mix well.
3. Transfer to prepared dish. Cover with marinara sauce and sprinkle with cheese. Bake 20–30 minutes or until thoroughly heated.

Nutritional information per serving:

Calories 212, Calories from fat 24% , Fat 6 g, Saturated Fat 2 g, Cholesterol 25 mg, Sodium 372 mg, Carbohydrate 28 g, Dietary Fiber 5 g, Sugars 3 g, Protein 13 g, Diabetic Exchanges: 1 1/2 starch, 1 vegetable, 1 1/2 lean meat

**Quick Tip:** For added fiber, substitute brown or wild rice in dishes that call for rice.