

OPEN FACE EGGPLANT

INGREDIENTS

- 2 Eggplants (Italian) (1/2 inch slices)
- 2 Onions (small) (cut into 1/4 inch round slices)
- 2 T Tomatoes (small (round) (cut into 1/4 inch round slices)
- 1/4 C Goat Cheese **OR** shredded mozzarella low fat cheese (optional)
- Garlic salt
- Oregano & Basil **OR** Italian seasoning mix
- Non-stick cooking spray
- Garlic spray



COOKING DIRECTIONS

- 1 Pre-heat oven to 400 F Intensive
- 2 Spray 2 baking sheets with non-stick spray & garlic spray
- 3 Place eggplant circles on the sheet pans & sprinkle garlic salt, oregano & basil on the tops of the eggplant & then spray with non-stick cooking spray
- 4 Bake until golden & flip the circles & season and spray as you did for the other side
- 5 Remove the eggplant from the oven when this side becomes golden
- 6 While eggplant is cooling, spray a saute pan with non-stick cooking spray & garlic spray
- 7 Saute onion until golden
- 8 Pre-heat oven to 375 F
- 9 Spray a rectangular pyrex dish with the non-stick cooking spray
- 10 Place the eggplant circles in the dish & add an onion and tomatoe slice on top of each circle
- 11 If you're using goat cheese **OR** no cheese just cover the dish with foil & bake until the tomatoes are soft but not limp (20 minutes)

NOTE

- 1 If you're using cheese sprinkly it lightly on top of the the tomatoes & cover the dish with foil.
- 2 Remove foil after baking for 18 minutes & bake for an additional 3-5 minutes until cheese melts



