



Mexican Eggplant Casserole

Ingredients

- 1 small eggplant (about 1 pound), peeled and cut into 1/2 inch cub
- 4 corn tortillas
- 1 cup reduced fat cheddar cheese, grated
- 1 (15 ounce) can chunky "Mexican-style" stewed tomatoes

Nutrition Facts (per serving)

Calories	67
Fat (g)	1
Saturated Fat (g)	0
Cholesterol (mg)	1
Sodium (mg)	79
Carbohydrate (g)	12
Fiber (g)	2
Protein (g)	3
Calcium (mg)	0

Preparation

Heat oven to 350 degrees. Place tortillas on oven rack and heat until golden brown and no longer pliable, approximately 3-5 minutes. Watch tortillas closely as they burn quickly. Allow tortillas to cool completely. Crumble tortillas into small-medium sized pieces. Spray a square baking dish (8x8x2 inches) with nonstick cooking spray. Heat 1/2-inch water to boiling in a small saucepan. Add eggplant and return to boiling. Reduce heat to medium and cook 5 minutes; drain. Mix tortilla pieces and cheese. Spread half of the eggplant in baking dish and spoon half of the tomato sauce over eggplant. Sprinkle with half of the tortilla cheese mixture. Repeat layers with remaining ingredients. Bake uncovered about 30 minutes or until bubbly around the edges.

Serves 8

Serving Size: 6 oz.

