



Eggplant Mexicana
Makes 6 Servings

1-pound box of frozen eggplant cutlets (Dominex in most supermarkets or Trader Joe's frozen eggplant cutlets)
1 cup part skim ricotta cheese
1 pound bag of fresh spinach, washed and trimmed
1 jar salsa (any variety)

- Preheat oven to 350°. Layer eggplant cutlets in the bottom of a 13 x 9 inch pan. Spread the ricotta cheese on top of the eggplant. Layer the spinach on top of the ricotta. Top with 1 jar of salsa. Cover with aluminum foil.
- Bake in 350 oven for 35-40 minutes. Let stand for 10-15 minutes before serving. Serve with brown rice. Leftovers make a great lunch and dinner the next day.

Nutritional information per serving:

Calories: 210

Fat: 7g

Saturated Fat: 2g

Carbohydrates: 20g

Fiber: 4.5g

Protein: 10g