

Eggplant Penne

Makes
6 servings

Prep time
15 minutes

Cook time
20 minutes

Good source of
Protein
Fiber

Ingredients:

- 1 lb. Penne or any dried pasta
- 2 Tbsp. vegetable or canola oil
- ¼ cup tomato paste
- ¼ cup vinegar
- ¼ cup water
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 tsp. sugar
- 2 cloves garlic, minced
- 1 medium yellow onion, sliced
- 1 large eggplant, cubed
- 1 can (14.5 oz) low-sodium diced tomatoes
- 1 pkg. (10 oz) frozen chopped spinach, thawed and squeezed dry
- Fresh basil, chopped (*optional*)

Nutrition Facts

6 servings per container
Serving size 1 cup (306g)

Amount per serving
Calories **240**

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 12%

Total Carbohydrate 40g 15%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 1g Added Sugars 2%

Protein 9g

Vitamin D 0mcg 0%

Calcium 96mg 8%

Iron 3mg 15%

Potassium 618mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Cook pasta to al dente, according to package instructions. Strain and toss with 1 Tbsp. of oil. Set aside.
2. In a small bowl, whisk tomato paste, vinegar, water, salt, black pepper, and sugar. Set aside.
3. In a large pan, heat remaining 1 Tbsp. of oil over medium-high heat. Add garlic and onion and cook for 2-3 minutes, until tender.
4. Add eggplant, diced tomatoes, and chopped spinach. Mix well.
5. Add tomato sauce mixture. Stir well, lower heat to medium-low, cover and simmer. Stir occasionally and cook about 10 minutes, or until eggplant is tender.
6. Add pasta, stir and remove from heat.
7. Garnish with chopped basil. Serve hot.

