

Skillet Eggplant and Vegetables Over Pasta

INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1 tbsp olive oil
- » 1 cup chopped onion
- » 3 cloves minced garlic
- » 2 cups unpeeled eggplant, cut into 1/2-inch cubes
- » 1 chopped yellow bell pepper
- » 1 chopped red bell pepper
- » 1 tsp thyme
- » 1 tsp basil
- » 1 tsp salt-free herb seasoning blend
- » 1, 15-oz can cannelloni (white kidney) beans
- » 1, 13 3/4-oz can water-packed artichoke hearts
- » 2 sliced tomatoes
- » 8 oz spaghetti noodles, cooked according to directions without salt or fat
- » 3/4 cup (3 oz) crumbled feta cheese

Nutritional Content

Per Serving

Calories	493 cal	Cholesterol	19mg
Protein	22g	Sodium	752mg
Carbohydrate	81g	Calories from Fat	18%
Fat	10g	Fiber	12g
Saturated Fat	4g		

Skillet Eggplant and Vegetables Over Pasta

INSTRUCTIONS

In a large skillet sprayed with nonstick vegetable cooking spray over medium-high heat, add olive oil. Saute onion and garlic for 2 to 3 minutes and add eggplant and yellow and red bell peppers. Cook covered for 5 minutes, then uncovered another 5 to 6 minutes until vegetables are tender. Stir in thyme, basil, salt-free herb seasoning blend, beans, artichoke hearts, and sliced tomatoes. Cook until hot, 3 to 4 minutes. Serve over spaghetti noodles and top with crumbled feta cheese. Serves 4.

FOLD HERE