

Skillet Eggplant and Vegetables Over Pasta

INGREDIENTS

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

Nutritional Content

Per Serving

Calories	502 cal	Cholesterol	19mg
Protein	22g	Sodium	752mg
Carbohydrate	81g	Calories from Fat	19%
Fat	11g	Fiber	12g
Saturated Fat	4g		

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↪ See reverse for instructions

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INSTRUCTIONS

In a skillet sprayed with nonstick vegetable cooking spray over medium-high heat, add olive oil. Saute onion and garlic for 1 to 2 minutes and add eggplant and yellow and red bell peppers. Cook covered for 5 minutes, then uncovered another 3 to 4 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 1.

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