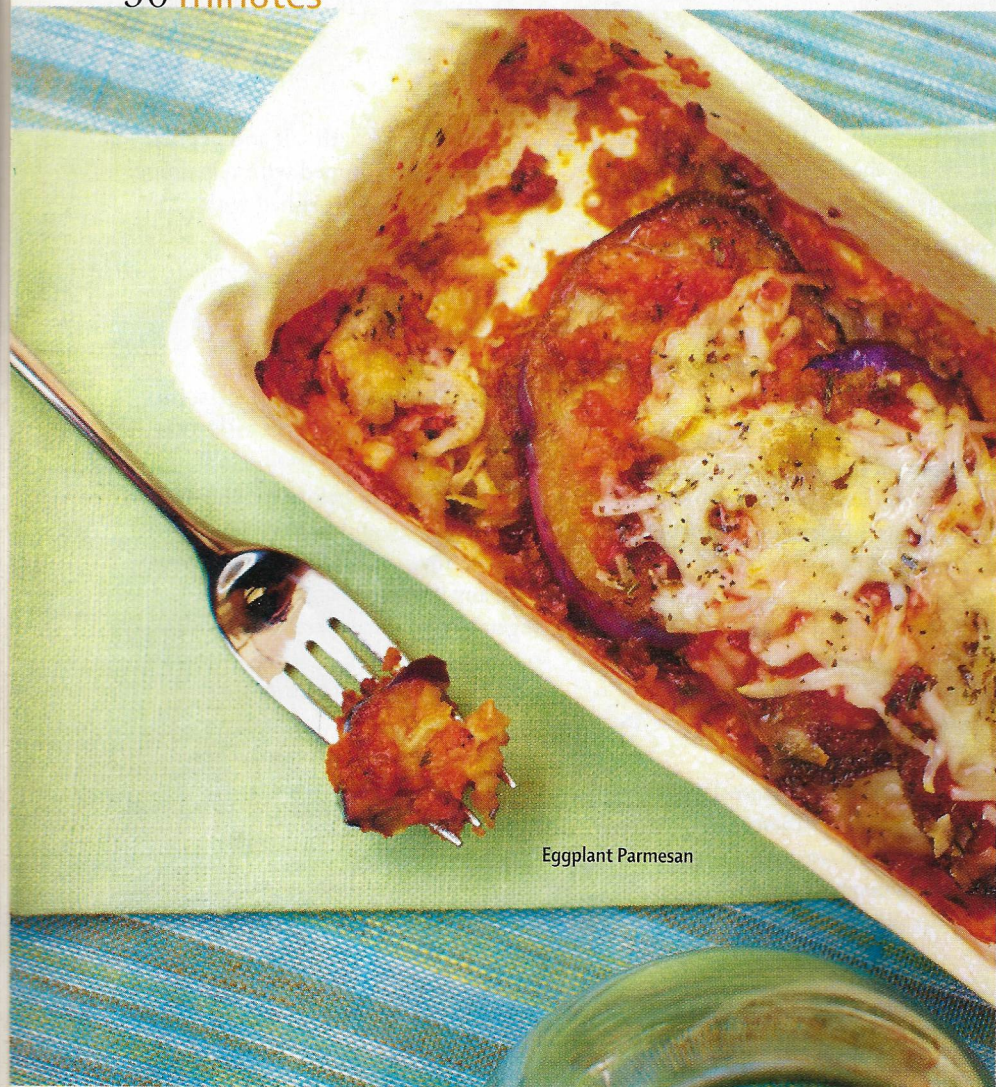


30 minutes



Eggplant Parmesan

Two-cup (16-oz.) baking dishes and ramekins are the perfect size for single-serving baked entrées.

Pink Lentils with Zucchini

SERVES 1 | 30 MINUTES OR FEWER



Pink lentils cook in just 10 minutes, making them an ideal dried legume for quick suppers. A splash of vinegar at the end brightens the flavors of both the lentils and the spinach without adding extra fat or calories. For a different flavor combination, substitute cilantro for the sage and curry powder for the mustard.

- 3 Tbs. pink lentils, rinsed and drained twice
- 2 tsp. chopped fresh sage
- 1 tsp. Dijon mustard
- $\frac{1}{4}$ tsp. salt, divided
- 1 tsp. canola oil

- 1 small zucchini, quartered and sliced $\frac{1}{4}$ -inch thick (1 cup)
- $\frac{1}{2}$ cup chopped tomato
- 1 clove garlic, minced (1 tsp.)
- 1 cup baby spinach leaves
- Balsamic vinegar, for drizzling

1. Combine lentils, sage, mustard, $\frac{1}{8}$ tsp. salt, and $\frac{3}{4}$ cup water in medium saucepan. Cover, and bring to a boil. Reduce heat to low, cover, and simmer 8 to 10 minutes, or until lentils are tender but not soft.
2. Meanwhile, heat oil in skillet over medium-high heat. Add zucchini, tomato, garlic, remaining $\frac{1}{8}$ tsp. salt, and 1 Tbs. water. Cover, and simmer 3 to 4 minutes,

or until zucchini is tender but still crunchy. Stir in lentil mixture, and cook 2 minutes more. Season with salt and pepper, if desired. Serve hot over spinach leaves. Drizzle with balsamic vinegar.

PER 1-CUP SERVING: 221 CAL; 12 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 33 G CARB; 0 MG CHOL; 752 MG SOD; 7 G FIBER; 5 G SUGARS  


Eggplant Parmesan

SERVES 1 | 30 MINUTES OR FEWER

Slender Japanese eggplant comes in a perfect single-serving size and needs no salting before you cook it. Try different pasta sauces for a variety of flavor results.

- $\frac{1}{2}$ cup spaghetti sauce, divided
- $\frac{1}{4}$ cup low-sodium breadcrumbs
- 1 tsp. Italian seasoning
- $1\frac{1}{2}$ tsp. canola oil
- 1 5- to 6-inch Japanese eggplant, cut into $\frac{1}{4}$ -inch-thick slices on the diagonal
- 1 small egg, beaten
- $\frac{1}{4}$ cup grated low-fat mozzarella cheese, divided
- 2 tsp. grated Parmesan cheese, divided
- $\frac{1}{4}$ tsp. dried basil

1. Preheat oven to 350°F. Coat small baking dish with cooking spray, and spread with 2 Tbs. spaghetti sauce.
2. Combine breadcrumbs and Italian seasoning in shallow bowl. Heat oil in nonstick skillet over medium-high heat. Dip eggplant slices in egg, then in breadcrumb mixture. Cook slices in single layer in oil 1 to 2 minutes per side, or until light brown. Place half of eggplant slices in single layer in prepared baking dish, and sprinkle with 2 Tbs. mozzarella and 1 tsp. Parmesan. Discard remaining egg and breadcrumbs.
3. Place remaining eggplant slices, remaining sauce, and remaining mozzarella and Parmesan over eggplant in dish. Sprinkle with dried basil. Bake 15 minutes, or until golden brown, or microwave 5 minutes, turning baking dish halfway through cooking time to heat evenly.

PER 1½-CUP SERVING: 270 CAL; 15 G PROT; 15 G TOTAL FAT (3 G SAT FAT); 21 G CARB; 119 MG CHOL; 430 MG SOD; 4 G FIBER; 9 G SUGARS 

CERAMIC BAKER, FROM UTSUWA-NO-YAKATA