



## Eggplant Tomato

“When we have guests and I make this for an appetizer, everyone wants the recipes because they love it! With only three ingredients I can simply tell them how to make it, it is just that simple, my kind of dish!” - Kelly May

Prep Time: 5 minutes

Cook Time: 10-15 minutes

**Ready In: 20 minutes**

**Serving Size:** 4 servings

### Ingredients

- ✓ 1 eggplant, sliced into ½ inch slices
- ✓ 1 tomato sliced
- ✓ ¼ cup of grated parmesan cheese

### Directions

1. Pre heat oven to 350 degrees F (172 degrees C).
2. Spray a cookie sheet with non-stick oil spray.
3. Arrange eggplant rounds on the cookie sheet, sprinkle ½ of parmesan cheese over all eggplant slices.
4. Then add tomato slices on top of each eggplant slice and sprinkle remainder of parmesan on top.
5. Bake for 10 to 15 minutes

### Nutrition

*Amount per serving*

- ❖ Calories: 71
- ❖ Total Fat: 2 g
- ❖ Total Carbs: 10 g
- ❖ Protein: 4 g
- ❖ Cholesterol: 5 mg
- ❖ Sodium: 123 mg