

# Eggplant Zucchini Italiano

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Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

**Servings: 6**

**Yield: 1 medium (1-1/4 pound)**

*1 medium (1-1/4 pound) eggplant*

*1/3 cup milk*

*2/3 cup all-purpose flour salt*

*salad oil*

*1 cup fresh or frozen*

*chopped onion*

*2 medium zucchini, thinly sliced*

*1 tablespoon capers*

*1/8 teaspoon crushed red pepper (optional)*

*1 container (15 ounce) ricotta cheese*

*2 eggs*

*1/2 cup dried bread crumbs*

*1 package (8 ounce)*

*mozzarella cheese, diced*

*1 jar (15-1/2 ounce)*

*spaghetti sauce with mushrooms*

ABOUT 2-1/2 HOURS BEFORE SERVING:

Cut the eggplant crosswise into 1/4 inch slices.

Pour milk into a pie plate. On waxed paper, combine the flour and two teaspoons of salt. Dip the eggplant slices in the milk then coat with the flour mixture.

In a twelve-inch skillet over medium-high heat, cook the eggplant, a few slices at a time, in two teaspoons of hot salad oil until golden (adding more oil as needed). Remove to paper towels to drain.

In the same skillet, cook the onion in two more tablespoons of oil until tender, about 5 minutes. Add the zucchini, capers and crushed red pepper. Cook until the zucchini is tender, about 10 minutes. Remove the skillet from the heat. Set aside.

In a small bowl with a fork, combine the ricotta, eggs and 3/4 teaspoon of salt.

Arrange half of the eggplant slices in the bottom of a 12x8-inch baking dish. Spoon half of the zucchini mixture evenly over the eggplant. Sprinkle with half of the bread crumbs. Top with half of the ricotta mixture, then half of the mozzarella and half of the spaghetti sauce. Repeat the layers.

Bake in a 350 degree oven for one hour and 15 minutes or until hot and bubbly.

Per Serving (excluding unknown items): 244 Calories; 12g Fat (45.4% calories from fat); 14g Protein; 19g Carbohydrate; 3g Dietary Fiber; 110mg Cholesterol; 160mg Sodium. Exchanges: Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.