

## Baked Eggplant With Mushroom-and-Tomato Sauce

2 Med peeled eggplants cut into 1/4-inch-thick slices (about 1 1/4 pounds)

Cooking spray

2 cups chopped onion

1-pound ground beef

1 teaspoon dried Italian seasoning

1/2-teaspoon salt

2 garlic cloves, chopped

(1) 16-ounce package pre-sliced mushrooms

1/2 teaspoon black pepper, divided

(1) 15 ounce can no-salt-added tomato sauce, divided

8 to 12 OZ shredded part-skim mozzarella cheese, divided

1/4 cup (1 ounce) grated fresh Parmesan cheese

1. Preheat broiler.

2. Arrange the eggplant slices on a baking sheet coated with cooking spray; broil 3 minutes on each side or until lightly browned.

3. Preheat oven to 375°.

4. Heat a large nonstick skillet coated with cooking spray over medium heat.

5. Add onion and cook 7 minutes or until opaque.

6. Add Ground Beef. Cook until beef is browned.

7. Add mushrooms cover and cook 7 minutes (till mushrooms are tender) stirring occasionally.

8. Increase heat to Med-high and cook a couple of minutes until liquid evaporates.

9. Spread 1/2 of mixture into greased (cooking spray) large casserole.

10. Arrange half of the eggplant slices mixture and season with pepper.

11 Top with 1/2 can of the tomato sauce

12. Top with 1/2 of the mozzarella cheese.

Repeat steps 9 – 11 (hold cheese).

Cover and bake at 375 for 1 hour.

Add remaining mozzarella and the parmesan cheese – bake another 5 minutes. Let stand 10 minutes.