

Eggplant Pie...

PREP: 30mins COOK: 40mins

INGREDIENTS:

1 kg Eggplant
Salt and pepper
1 cup Olive Oil
1 Onion, chopped
1 clove Garlic, crushed
500g crushed Tomatoes
200g natural low fat Yogurt
125g Cottage Cheese
¼ cup grated Parmesan Cheese

Preheat oven to 180°C. Slice the Eggplant, sprinkle with salt and leave in a colander for 1 hour.

Drain and pat dry with paper towel.

Heat 2 tablespoons of oil in a frying pan, add the Onion, fry until softened.

Add the Garlic and Tomatoes, simmer uncovered for 5-7 minutes.

Mix Yogurt and Cottage Cheese together, add salt and pepper to taste.

Heat remaining oil in pan, cook eggplant on both sides until golden. Drain on paper towel.

Arrange 1/3 eggplant in an oven proof dish. Cover with half tomato mix, top with half yoghurt mix. Repeat layers, finishing with eggplant.

Sprinkle with Parmesan Cheese, cook in oven for 35-40 minutes.

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