

featured recipe

**Eggplant Casserole**

Modified from a recipe at [futureexpat.com](http://futureexpat.com)

Serving size: 3/4 cup

Servings per recipe: 6

Preheat oven to 350 degrees



**Ingredients & Instructions**

- 2 cups eggplant, cubed
  - 1 onion, chopped
  - 2 tablespoons olive oil
  - 3/4 cup shredded low-fat cheddar cheese
  - 1 cup skim milk
  - 3/4 cup seasoned bread crumbs
  - 2 eggs, beaten
  - Cooking spray, & chopped parsley, optional
1. Saute eggplant and onions in oil, until soft.
  2. Remove pan from heat, and mix in milk and cheese. Then, mix in the other ingredients.
  3. Spray casserole dish with cooking spray, and put eggplant mixture in casserole dish. Bake until golden & bubbly, about 45 minutes.
  4. Top with parsley, and serve.

How do you  
& your family  
get the milk  
you need to  
be strong?



Milk and other dairy foods are loaded with vitamins, minerals and protein to keep your bones, muscles and teeth strong. Low-fat (1%) or fat-free milk, yogurt and cheese have all the nutrients without the saturated fat.

To make sure you and your family are getting the milk you need, try these tips:

- Serve fat-free or low-fat (1%) milk with meals and snacks.
- Add milk to some of your family's favorite foods, such as soups, pancakes and oatmeal.
- Make a parfait by layering low-fat yogurt, your favorite fruit and whole grain cereal

What tips do you have to ensure your family gets the milk you need to stay strong? Post your tips on our Facebook page ([flesny](https://www.facebook.com/flesny))!

To learn more  
about the  
benefits of  
dairy foods,  
check out  
[MyPlate.gov](http://MyPlate.gov)



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