

Turkey Eggplant Casserole

Ingredients

1 1/4 pounds ground skinless turkey breast
1 onion, chopped
3 garlic cloves, minced
1 large (1 1/2 pound) eggplant, cubed
One 28-oz can crushed tomatoes (no salt added)
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
3/4 cup seasoned dried bread crumbs
1 teaspoon dried basil
1/4 cup grated Parmesan cheese
chopped fresh mushrooms

Directions

Preheat the oven to 350. Spray a 13 x 9" baking dish with nonstick cooking spray. Spray a large nonstick saucepan or Dutch oven with nonstick cooking spray (Dutch oven works best, it can get "big") and heat. Add the turkey, onion and garlic; cook, stirring as needed, until the turkey is browned and the onion is softened, 5-6 minutes. Add the eggplant, tomatoes, peppers, bread crumbs and basil; bring to a boil, stirring as needed. Transfer the turkey mixture to the pan and bake, covered, until the vegetables are tender, 45-50 mins. Uncover and sprinkle with the cheese. Bake until the cheese is lightly browned, about 15 minutes longer. Let stand five minutes before serving.

Makes 8 servings, 3 points per serving

5 points plus per serving