

## Baked Eggplant Caprese

You can't get much more traditional than baking eggplant with tomatoes, basil and lots of melty cheese. But since this is Meez, our version is easier, healthier and fresher than traditional eggplant Parmesan. The secret is freshly sautéed grape tomatoes on top, a bed of cannellini beans underneath and a balsamic drizzle over top. Yum!

**45** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Baking Sheet  
Large Skillet  
Casserole Dish

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Eggplant  
Tomatoes  
Basil Garlic Oil  
Cannellini Beans  
Mozzarella & Parmesan  
Balsamic Glaze

### Make The Meal Your Own

**Cooking with a picky eater?** Serve their eggplant with their favorite tomato sauce and melted cheese.

### Good To Know

**If you're making the vegan version**, we've left the cheese out of your meal.

**Health snapshot per serving** – 690 Calories, 42g Fat, 22g Protein, 67g Carbs, 24 Smart Points

**Lightened up snapshot** – 593 Calories, 36g Fat and 20 Smart Points with no cheese and  $\frac{3}{4}$  of the balsamic glaze.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Eggplant, Cannellini Beans, Grape Tomatoes, Mozzarella Cheese, Olive Oil, Parmesan Cheese, Balsamic Vinegar, Brown Sugar, Basil, Garlic

meezmeals

### 1. Getting Organized

Preheat your oven to 425.

### 2. Bake the Eggplant

Rub both sides of **Eggplant** with olive oil and season with salt and pepper. Spread out on a baking sheet and bake in the oven until the edges begin to brown and the center softens, about 20 minutes.

*Eggplant sucks up olive oil like a sponge, so use a light touch and move fast.*

### 3. Make the Tomato Sauce

While the eggplant is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When it's nice and hot, add the **Tomatoes** and cook until they turn golden brown in places and a few of them have started to split, about 5 minutes. Add the **Basil Garlic Oil**, and cook until the garlic starts to turn golden and the sauce is fragrant, about 1 to 2 minutes. Crush the tomatoes until the mixture looks like a sauce.

*While crushing the tomatoes, be careful of splattering tomato juice. It's very hot!*

### 4. Bake the Casserole

In the bottom of a casserole dish, spread the **Cannellini Beans** in an even layer. Layer on the eggplant, then the tomato sauce and finally top with **Mozzarella & Parmesan**. Bake until the cheese starts to brown, about 20 to 25 minutes.

*Make sure you choose a pan big enough to arrange the eggplant in a single layer. You want an even cook.*

Serve drizzled with **Balsamic Glaze** over top. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**