Apple Nachos

Eggplant, Cheese and Tomato Bake
**APPLE NACHOS**

**Ingredients**
Makes 6 Servings

- 1/3 cup dried, unsweetened cranberries or raisins
- 1/4 cup sliced almonds (unsalted)
- 2 Tbsp hulled, unsalted sunflower seeds
- 3 red or green apples, cored and thinly sliced into about 12 pieces each
- 1 Tbsp lemon juice
- 2 Tbsp water
- 1/4 cup reduced-fat, smooth peanut butter
- 1 Tbsp honey

**Recipe**

- In a small bowl, combine dried cranberries/raisins, almonds, and sunflower seeds.
- Core each apple and thinly slice into about 12 pieces each. Layer half the apples onto a large plate or platter. If the apple slices will be sitting out for a while, sprinkle a little lemon juice over them to prevent browning.
- Using the microwave or a teapot, bring 2 tablespoons water to a boil. In a small bowl, combine hot water, peanut butter, and honey. Use a spoon and stir until mixture is smooth.
- Use the spoon to drizzle half the peanut butter mixture over the plated apple slices; sprinkle with half the cranberry mixture. Layer the remaining apples on top and repeat with remaining peanut butter and cranberry mixture. Serve.

**Nutrients**

<table>
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<th>Nutrients</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Polyunsaturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Cholesterol</th>
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**EGGPLANT, CHEESE AND TOMATO BAKE**

**Ingredients**
Makes 8 Servings

- 1 large sliced eggplant (about 17-20 slices)
- 1 medium thinly sliced onion (about 2 cups), cut into bite-size pieces
- 2 zucchini (about 2 cups), cut into bite-size pieces
- non-stick cooking spray
- 2 tsp. extra virgin olive oil or canola oil
- 3 cups mushrooms (sliced)
- 3 clove minced garlic or 3 tsp. fresh, minced garlic
- 2 Tbsp. water
- 1/4 tsp. black pepper
- 29 oz. canned, no salt added, diced tomatoes
- 8 oz. canned, no salt added tomato sauce
- 3 Tbsp. fresh, chopped basil or 1 Tbsp. dried basil
- 3/4 cup part-skim, low-fat ricotta cheese
- 1 cup low-moisture, part-skim mozzarella cheese (shredded)
- 1 cup whole-wheat bread crumbs or 1 cup panko (Japanese breadcrumbs)

**Recipe**

- Preheat oven to 375° F
- Arrange eggplant, onions and zucchini on a baking sheet, sprayed with cooking spray. Lightly spray top of vegetables with cooking spray as well. Cover with aluminum foil. Bake for 10 minutes covered and 10 minutes uncovered.
- In a small saucepan, heat extra virgin olive oil over medium heat, sauté mushrooms and garlic with water and pepper, until mushrooms begin to soften, about 6 minutes. Add diced tomatoes, tomato sauce and basil, reduce heat and simmer for 10 minutes.
- Spread 1/2 tomato-mushroom mixture on bottom of a 9x13 baking dish coated with cooking spray. Then layer half of the eggplant, zucchini and onion. Layer all of ricotta, and sprinkle a layer of half the mozzarella. Repeat layers with another 1/2 of tomato-mushroom mixture and the remaining eggplant, zucchini and onion. Add the remaining tomato mixture, evenly sprinkle the remaining mozzarella and top with breadcrumbs. Bake for 30-45 minutes or until most of the liquid has disappeared and cheese begins to brown. Let cool for 10 minutes before cutting and serving.

**Nutrients**

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