



Total Time
100 MIN.


Serving & Size
1 SERVING (1-1/3 CUP SAUCE OVER 2 CUP PASTA)

Difficulty
MEDIUM

Yields
24

A new and exciting way to enjoy Pasta while getting your vegetables. Roasted eggplant to serve over pasta, seasoned with parsley, basil, capers and pepper. A must for any eggplant lover who wants a satisfying meal!

Nutrition Facts	
Serving Size	1 SERVING (1-1/3 CUP SAUCE OVER 2 CUP PASTA)
Amount Per Serving	
Calories 366	
	% Daily Value
Total Fat 7.7g	12%
Saturated Fat 1.8g	9%
Cholesterol 5mg	2%
Sodium 482mg	20%
Total Carbohydrate 63.1g	21%
Dietary Fiber 9.2g	37%
Protein 12.4g	25%
Vitamin A 12%	Vitamin C 54%
Calcium 10%	Iron 14%

INGREDIENTS	WEIGHT	MEASURE
olive oil		1/2 cups
Spanish onion, sliced	8 lb.	1 1/4 gallons
eggplant, peeled, diced	9 lb.	2 1/2 gallons
garlic, peeled, chopped		1/4 cups
 V8® 100% Vegetable Juice , 46 oz container		2 cans
balsamic vinegar		1 cups
fresh parsley, chopped		1 cups
fresh basil leaves, shredded		1/2 cups
capers		1/2 cups
cracked black pepper		2 tbsp.
cooked penne pasta	6 lb.	3 gallons
Parmesan cheese, shaved	5 oz.	1 1/2 cups

INSTRUCTIONS

1. In large rondo heat ¼ cup oil. Add onion and sauté 6-8 minutes or until glazed. Add remaining oil, eggplant and garlic and cook 10-12 minutes.
2. Add V-8 Juice, and balsamic vinegar and bring to a boil. Reduce heat and simmer for 45-50 minutes or until eggplant has started to break down and liquid has reduced slightly. Add parsley, basil, capers and pepper.
3. Serve over hot cooked pasta and 1 Tbsp. freshly shaved parmesan.