

# Roasted Eggplant Fettuccini In a Light Red Sauce

Serving Size: 1/10 of recipe

Serves: 10

## Ingredients

2 Japanese eggplants (~2 pounds), cut into strips ½” thick and ½” x 1”  
½ - ¾ cup extra virgin olive oil  
~¼ teaspoon salt to taste  
~¼ teaspoon black pepper to taste  
~½ teaspoon garlic powder to taste  
2 tablespoons butter  
½ medium onion, finely chopped  
1 clove garlic, minced  
1 tablespoon flour  
1 cup non-fat milk  
3 tablespoons tomato paste  
½ teaspoon salt  
¼ teaspoon coarse black pepper  
1 tablespoon dry oregano  
1 tablespoon fresh parsley, finely chopped  
½ cup Parmesan cheese, grated (or grated Romano)  
½ cup low-fat plain yogurt  
½ cup sliced black olives  
½ pound fettuccini, cooked al dente and drained  
Dry white wine as needed to thin sauce

## Directions

Preheat oven to 425.

In a medium mixing bowl, combine ¼ cup of the olive oil with a dash of salt, pepper and garlic powder. Add a handful of eggplant strips and toss to coat. The eggplant will absorb the seasoned oil. Spread the seasoned eggplant onto a baking sheet fitted with parchment paper. Add a little more oil and seasonings to the bowl and repeat until all the eggplant is seasoned and spread in a single layer on the baking sheet. Lightly sprinkle oregano and a little salt (if desired) over the eggplant.

Roast the eggplant for 25 minutes turning once halfway through the roast. Set aside.  
Cook the fettuccini one minute less than al dente, drain and set aside.

In a large skillet, heat the butter over medium heat. Sauté the onions and garlic until soft. Stir in the flour to absorb the butter. Add the milk, tomato paste and spices and stir until the sauce thickens and bubbles. Reduce the heat. Stir in the parsley and cheese.

Add the yogurt to a small bowl. Stir into the yogurt a tablespoon of the hot sauce. Continue to stir in 1 spoon at a time to raise the temperature of the yogurt. You want the yogurt to retain its creamy texture. Adding it too fast to the hot sauce will cause it to be grainy. After adding most of the sauce, stir the yogurt mixture back into the pan. Add salt and pepper to taste and thin the sauce with white wine to your preferred thickness. Stir in the reserved eggplant and olives. Stir in the fettuccini and serve immediately.

**Exchanges per serving**

1 Starch, 3 vegetables, 3 Fats

**Nutrients per serving**

Calories: 286

Calories from fat: 144

Total Fat: 16g

Cholesterol: 10mg

Sodium: 320mg

Total Carbohydrate: 27g

Dietary Fiber: 3g

Protein: 5g