



Rainbow Eggplant Towers

It is easy to eat the rainbow with this veggie filled recipe kids will have fun assembling.

Ingredients

Roasted garlic*

1 cup cooked garbanzo beans or cannellini beans (if using canned rinse)

3 tablespoons of olive oil

1 large eggplant

2-3 globe tomatoes

2 large yellow or orange bell peppers

1-2 handfuls of baby spinach or fresh basil

8 oz mozzarella cheese, thinly sliced

Cooking spray

1 tsp Salt

1 tsp Pepper

1 tablespoon dried oregano

½ tablespoon granulated garlic

2 tablespoons grated parmesan

*To roast garlic: remove any loose leaves, keeping stem end intact use a knife to remove the tip of the garlic bulb exposing some of the garlic, drizzle with olive oil wrap in foil and roast in 400 degree oven for 30-40 minutes until garlic cloves are tender

Equipment

2 rimmed baking sheets

Fork

2 Small bowls

Measuring spoons

Knife *have an adult help

Cutting board

Directions

1. Preheat the oven to 400°F degrees.
2. Clean and slice eggplant into ¼ inch rounds. Clean and slice tomatoes into ¼ inch rounds. Clean peppers and remove membranes and seeds, cut into strips approximately the size of the eggplant and tomato rounds. Wash and thoroughly dry spinach leaves.
3. In a small bowl mix salt, pepper, dried oregano, granulated garlic and parmesan cheese.
4. Place eggplant on a baking sheet in a single layer spray with cooking spray or brush with olive oil and sprinkle with seasoning mix, flip and repeat on alternate sides.
5. Place tomatoes and peppers on a baking sheet in a single layer, spray with cooking spray or brush with olive oil and sprinkle with seasoning mixture, flip and repeat on alternate sides.
6. Place vegetables in the oven, bake until vegetables are fork tender. Approximately 20 minutes for the eggplant and 15 minutes for tomatoes and peppers. Cooking times may vary.
7. While vegetables are roasting; place beans, olive oil and 6-8 cloves of the roasted garlic in a small bowl. Use a fork to mash beans and garlic into a paste.
8. Remove vegetables from the oven and allow to cool to room temperature.
9. Place eggplant slice on a plate and top with 1 teaspoon of bean mixture, top with a slice of tomato, another teaspoon of bean mixture, bell pepper, 1 teaspoon bean mixture, 1-2 spinach leaves, optional mozzarella cheese and top with another slice of eggplant. Repeat with remaining ingredients.
10. Drizzle with balsamic vinegar glaze if desired.
11. Can be served at room temperature or chilled and placed in a 350-degree oven for 10 minutes or until warmed through and cheese starting to melt.



Wheeler

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😊 Little helpers: Kids can gather ingredients, measure and combine them. Allow little ones to arrange and coat the vegetables with the cooking spray and seasoning mixture. Mashing the beans is an easy job for younger children. All aged children will enjoy making their own eggplant towers.

🍏 Nutrition: This dish is high in fiber and provides a good source of vitamin A, C, magnesium and potassium. Eating a range of colors of fruits and vegetables will help to ensure your children are getting a variety of phytochemicals, vitamins and minerals.