

## Eggplant Penne Pasta



### Ingredients:

- 1/2 pound whole grain pasta, any shape
- 1/4 cup olive oil
- 1 medium eggplant, cut into 1/2-inch pieces
- 1/2 pound cherry tomatoes, halved
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 6 ounces reduced-fat mozzarella cheese, shredded

### Directions:

1. Cook the pasta according to the package directions. Save 1/4 cup of the cooking water. Drain the pasta and return it to the pot.
2. Heat the oil in a large nonstick skillet over medium-high heat.
3. Add the eggplant. Cook, stirring occasionally, until tender, 8 to 10 minutes.
4. Add the tomatoes, garlic, red pepper, salt, and pepper. Cook, tossing, until the tomatoes are soft, about 3 minutes.
5. Add the tomato mixture to the pasta, along with the mozzarella and reserved cooking water. Toss to combine.

Makes 4 servings.



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