

**PISTO PARMIGIANA**

Pisto is Spanish. Parmigiana is Italian. Spain and Italy do not share a border but they do share a fondness for eggplant, tomatoes, onions, and garlic. Pisto is similar to ratatouille and is a simple dish cooked and served all over Spain. Parmigiana is a southern Italian dish made with thinly sliced fried eggplant layered with cheese and tomato sauce, then baked. The combination of the two appearing below is delicious. The eggplant is not breaded or fried in oil, so the dish is both lower G. I. and low-fat. Ham and eggs are added for extra protein.

**1 large eggplant, sliced ½" lengthwise**  
**1 ham slice per eggplant slice**  
**1 large onion, diced**  
**2 tsp garlic paste**  
**½ lb shiitake mushrooms, sliced**  
**2 oz real bacon bits**  
**1 lb mozzarella cheese, grated**  
**1 cup dried and grated Parmesan cheese**  
**8 oz tomato sauce**  
**6 oz tomato paste**  
**1 tsp dried oregano**  
**1 tsp dried basil**  
**1 tsp red pepper flakes**  
**3 oz dry red wine**  
**1 tsp "salt"**  
**4 eggs beaten, or 1 cup egg substitute (X)**  
**2 oz olive oil**

"Salt" the eggplant slices and sandwich them between paper towels inserted into a fold of newspaper and place under a weighted cutting board for 30 minutes or so to remove some of the water. Remove eggplant slices, wipe them to remove the "salt", and brush with olive oil.

Meanwhile, put the onion, mushrooms, and garlic in a saucepan and heat enough to render the mushrooms translucent. Add the tomato sauce and tomato paste, herbs,

red wine, and "salt", and then simmer the mixture until the flavors have blended.

Set down a layer of tomato sauce and then a ham slice in a nonstick casserole pan. Dip a slice of the eggplant in the eggs and place on the ham. Add some of the egg over the eggplant. Layer ham, eggplant in egg, tomato sauce mixture, and cheese until you run out of ingredients. Bake one hour at 375°F.