



## Baked Aubergine- serves 2 people



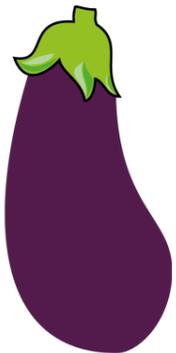
### INGREDIENTS

- One aubergine
- One jar of Bolognese sauce/home-made sauce\*
- Grated cheese
- Black Pepper



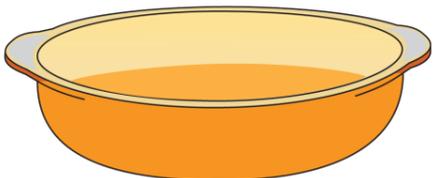
First **wash your hands** with soap and water

Pre-heat oven to **180 degrees**

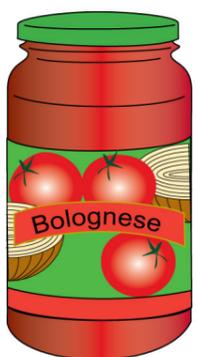


Wash an **aubergine** in clean water

**Slice** the aubergine into **1cm thick slices**



Place the slices flat in a cooking dish



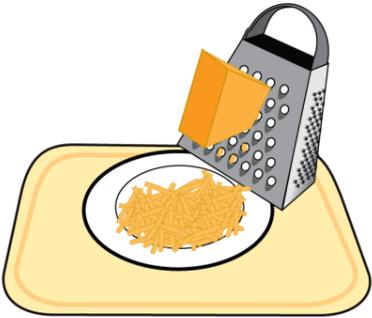
Pour **Bolognese sauce**\* over the aubergine

\* For a healthier version, choose a **low salt/low sugar** option.

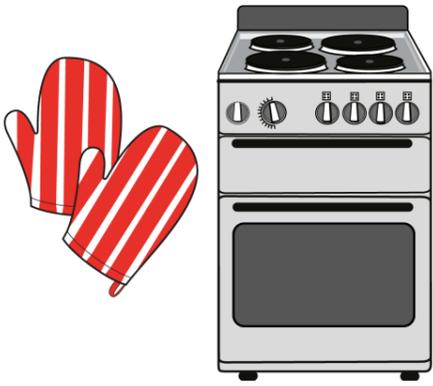
You could also **make your own!** See other recipe sheet for this.



Add a little **black pepper** to taste



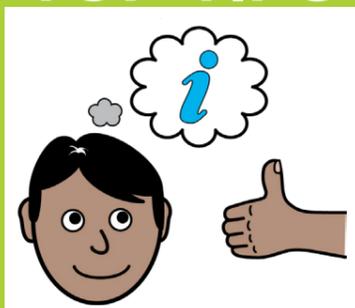
Sprinkle a little bit of **grated cheese** on top



Bake for **30 minutes** (until soft)

**Enjoy!**

## TOP TIPS



You can **swap** the aubergine for your favourite vegetable instead, like **courgette**, **butternut squash** or **sweet potato**.

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: **0113 8555049**. Email: [getcheckedoutleeds@nhs.net](mailto:getcheckedoutleeds@nhs.net)