

SAVORY ROASTED EGGPLANT SPREAD

From the American Institute of Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7179&news_iv_ctrl=1122

Ingredients

- 1 large eggplant
- 1 peeled, seeded tomato, chopped
- ¼ cup chopped parsley
- 1 Tbsp minced green onions
- 2 Tsp fresh lemon juice
- 1 Tsp olive oil
- Salt and freshly ground black pepper, to taste

Instructions

1. Place eggplant in baking dish and bake at 400 degrees for 45-55 minutes.
2. Let eggplant cool, then cut in half and scrape insides into bowl. Process in blender or processor, leaving slightly chunky. Stir in remaining ingredients.
3. To serve, spread on hearty whole grain bread or focaccia. If desired, top off sandwich with sliced tomatoes, roasted green or yellow squash slices, pepper strips, or onion.

Makes 6 servings

Nutritional information per serving (6 servings)

Calories: 32

Total fat: <1 g

Saturated fat: < 1 g

Sodium: 6mg

Total carbohydrate: 6g

Dietary fiber: 2g

Protein: 1g



Wellness Center