



Eggplant with Roasted Red Bell Pepper Relish

Serves 4

Roasted red bell pepper relish adds a burst of color atop thick slices of lightly browned eggplant.

Cooking spray

2 teaspoons olive oil and 1 teaspoon olive oil, divided use

1 1 1/2-pound eggplant, cut into 12 1/2-inch slices

1/8 teaspoon salt

1/2 cup roasted red bell pepper, drained if bottled, chopped

1 tablespoon snipped fresh parsley or 1/4 teaspoon dried oregano, thyme, or basil, crumbled

1/2 teaspoon red wine vinegar

1 small garlic clove, minced

Pinch of pepper

Preheat the oven to 425°F. Lightly spray a large baking pan with cooking spray. Set aside.

Using 2 teaspoons oil, brush both sides of the eggplant slices. Sprinkle the tops with the salt. Arrange the slices in a single layer in the baking pan.

Roast for 18 to 20 minutes, or until the eggplant is lightly browned on the bottom. Turn over. Roast for 8 minutes, or until browned on the bottom. Transfer the eggplant to plates.

Meanwhile, in a small bowl, stir together the bell pepper, parsley, vinegar, garlic, pepper, and remaining 1 teaspoon oil. Spoon over the eggplant.

Nutritional Analysis

Serving Size: 3 slices eggplant and 2 tablespoons relish per serving

Calories	74
Fat	3.5g
Saturated Fat	0.5g
Trans Fat	0.0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	2.5g
Cholesterol	0mg
Sodium	92mg
Carbohydrates	11g
Dietary Fiber	6g
Sugars	4g
Protein	2g

Dietary Exchanges: 2 vegetable, 1 fat