

Curried Eggplant

Recipe Type: Side Dish

Serves: 4

Prep Time: 15 minutes

Cooking Time: 25 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 T olive oil
- 1 onion, chopped
- 3 large tomatoes, chopped
- 1 eggplant, cut into ½ inch pieces
- 1 ½ t curry powder
- ¼ t salt
- ¼ t ground black pepper
- 2 C water
- 1 can (15 oz) chickpeas, drained and rinsed
- ½ C fresh basil, chopped (optional)



This is a picture of 1 serving.

What to do:

1. Wash your hands
2. Heat the oil in a medium size saucepan over medium heat.
3. Put the onion in the pan and cook for 3-5 minutes.
4. Add the tomatoes, eggplant, curry powder, salt and pepper. Cook for 2 minutes.
5. Add the water and bring to a boil. Cover and cook over low heat 12-15 minutes.
6. Add the chickpeas and cook 3 more minutes.
7. Turn off the heat. Add basil (optional).
8. Serve hot and enjoy!

Note: You can serve over 1 C rice or pasta.

Nutrition Facts

Serving Size 2 C

Amount Per Serving

Calories 190 Calories from Fat 45

%Daily Value*

Total Fat 5 g 8%

Saturated Fat 0.5 g 3%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 290 mg 12%

Total Carbohydrate 33 g 11%

Dietary Fiber 11 g 44%

Sugars 13 g

Protein 7 g

Vitamin C 60%

Vitamin A 40%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 4.8

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