



Eggplant Caviar

Adapted from the New York Times Vegetarian Cookbook

Serves 6

1 medium eggplant
½ cup chopped onion
1 tablespoon olive oil
1 clove garlic, minced
2 tablespoons tomato paste
1-2 tablespoons lemon juice
Salt and pepper to taste

- Pierce skin of eggplant in two or three places. Bake, grill or microwave until soft
- Cook eggplant until you can handle it. Peel and chop flesh.
- Heat large skillet, add olive oil and fry onion and garlic at medium-low heat until soft.
- Add eggplant and tomato paste.
- Cook over low heat 10-15 minutes.
- Remove from heat. Stir in lemon juice, salt and pepper.
- Serve hot, at room temperature, or cold. Serve as a side dish with dinner, or as a spread or dip with crackers, pita or vegetables.

Nutritional Information:

Calories: 50.7	Sodium: 45.9mg
Total fat: 2.4g	Carbohydrates: 7.2g
Saturated fat: 0.3g	Dietary Fiber: 2.4g
Cholesterol: 0.0mg	Protein: 1.2g