

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
- 1–15 oz can of 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 3–5 minutes.
4. Add the tomatoes, eggplant, curry powder, salt, and black pepper. Cook for 2 minutes.
5. Add the water and bring to boil. Cover and cook over low heat for 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

4 servings per container

Serving size **2 Cups (460g)**

Amount per serving

Calories **190**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **13%**

Total Carbohydrate 32g **12%**

Dietary Fiber 9g **32%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 67mg **6%**

Iron 2mg **10%**

Potassium 585mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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