

Eggplant Spread

Ingredients

Eggplant, raw	1 medium (~460 grams)
Olive oil, divided	3 tsp
Salt and pepper	pinch
Tomato, raw, diced	2 thick slices, diced (~66 grams)
Garlic	2 cloves

Directions

1. Preheat oven to 350°F.
2. Cut eggplant in half lengthwise and score with a knife. (Cut slits in flesh).
3. Rub cut side of eggplant with 1 tsp of the olive oil and sprinkle with salt and pepper.
4. Place eggplant cut side down on a greased pan or baking sheet and bake for about 1 hour, or until skin looks wrinkled and the eggplant is soft.
5. Remove from oven and allow to cool slightly; then scoop out pulp and discard skin.
6. In a hot skillet, heat remaining 2 tsp olive oil and sauté garlic eggplant pulp, and tomato. Mash with a fork until thoroughly combined.

Yield: ~ 10 Tbsp

Serving size: 1 Tbsp

Serving suggestions: serve as a sandwich or cracker spread

Nutrition Facts

	Per Recipe	Per Tbsp
Calories:	138	14
Pro:	2.0 grams	0.2 grams
Phe:	60 mg	6 mg (1/2 exchange)
Leu:	105 mg	11 mg (1/2 exchange)
Met:	21 mg	2 mg
Ile:	72 mg	7 mg