

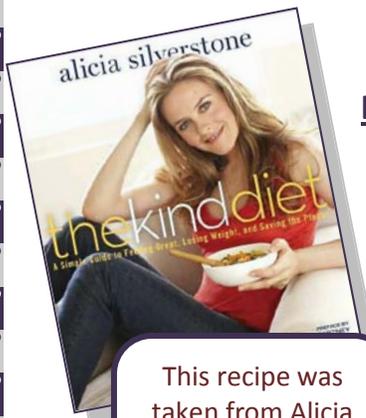


Your Yummy Veggie Recipe!

Eggplant Chana Masala

Ingredients

- 3 large onions
- 4-5 garlic cloves, minced
- 1-2 tablespoon solive oil
- 1 teaspoons curry powder or to taste
- 1-2 teaspoons cumin or to taste
- 1 large eggplant, peeled and chopped into ½” pieces
- 2 (15 oz.) cans chickpeas, drained
- 2 (14 oz.) cans peeled tomatoes, drained
- 1 can vegetarian (or regular) chili (Health Valley & Amy’s make good ones)
- 1 large handful chopped fresh cilantro (about ½ cup)



This recipe was taken from Alicia Silverstone’s cookbook *The Kind Diet!*

Directions

- Sauté the onions and garlic with the oil, curry powder, and cumin in a large pot until the onions are soft or translucent, approximately 5 minutes.
- Add the eggplant and sauté for 5 minutes longer, until lightly browned and softened. Sometimes the eggplant will absorb a lot of oil, so you might need to add more to prevent sticking.
- Add the chickpeas, tomatoes, and chili. Simmer for 20 to 30 minutes. It will get watery, but then reduce to a thick, stewy chana masala. Add spices to taste. Stir in the chopped cilantro and serve.

Eggplant Quick Facts

- Eggplants are chock-full of vitamins, minerals and phytonutrients, one of which is found in the skin and protects cells from free radicals and supports healthy cellular activity.
- This summer vegetable is a great source of fiber, potassium, and manganese.
- Eggplants are also abundant in the nutrients copper and vitamin B1.
- Magnesium, folate, and vitamins B6 and B3 are found in eggplant.
- Skin should be smooth and taut, heavy for its size. Avoid overgrown (over 5” in diameter)
- Store at cool room temperature or in fridge. Use quickly – after a few days they become unpleasantly bitter! Skins are good source of nutrition and are edible, but can be peeled.
- Important to cook eggplant thoroughly for good taste & texture. Grilling ½” slices take about 2 minutes, and baking 2 halves takes about 30 minutes. Season with basil, oregano, tomatoes, olives, peppers, and lemon juice.