

Aubergine Stew

(Makes 4 servings as an entrée or 8 servings as a side dish)

*Eat Smart! This colorful stew is low in sodium, yet loaded with flavor, antioxidants and dietary fiber.
A perfect complement to a heart-healthy lifestyle.*

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, sliced into rings
- 3 garlic cloves, minced
- 2 large carrots
- 1 large parsnip
- 1 medium zucchini squash
- 1 medium red bell pepper
- 2 celery stalks
- 1 large whole eggplant (aubergine), peeled and cubed
- 1 ½ cups reduced sodium vegetable broth
- 2 large tomatoes, each cut into 6 pieces
- 1 teaspoon dried basil (or 1 tablespoon fresh)
- 1 teaspoon dried rosemary (or 1 tablespoon fresh)
- 1 bay leaf
- Salt and pepper, to taste



Directions:

- 1) Clean and peel carrots and parsnips and cut into 1- to 2-inch pieces.
- 2) Clean and cut the squash, bell pepper, and celery.
- 3) Add olive oil to a 4-quart saucepan over medium-high heat. When oil is heated, add onion and garlic. Saute until onions are translucent (about 5 minutes), paying careful attention that garlic does not burn.
- 4) Add the carrots, parsnips and celery to onion and garlic and stir. Then add the broth, eggplant, tomatoes, basil, rosemary, bay leaf, salt and pepper. Bring to a boil; reduce heat.
- 5) Cover and simmer, stirring occasionally, for approximately 20 minutes.
- 6) Add bell pepper and squash. Cover and simmer for 10 more minutes.
- 7) Remove and discard bay leaf.
- 8) Before serving, sprinkle with freshly ground black pepper. Serve with warm multi-grain bread as a main entrée.

Nutritional Analysis: *(per serving as a main entrée)*

- Calories: 130 (20% of calories from fat)
- Total Fat: 3 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 110 mg
- Carbohydrates: 24 g
- Dietary Fiber: 7 g
- Protein: 4 g

Source:

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