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CHOPPED EGGPLANT RELISH

Intermediate Lifestyle

Ingredients

2 medium eggplants (about 2 pounds)
2 TBS chopped fresh parsley
1 TBS fresh lemon juice
½ TSP paprika
½ TSP ground cumin
1/4 TSP Morton's Lite salt
1/8 TSP pepper
2 garlic cloves, minced

Instructions

1. Preheat oven to 400°.
2. Pierce eggplants several times with a fork. Place eggplants on a baking sheet, and bake at 400° for 40 minutes or until tender (tender, but firm enough to chop).
3. Cut each eggplant lengthwise into quarters; drain well. Peel eggplant. Chop pulp.
4. Combine the chopped eggplant and remaining ingredients in a medium bowl. Stir mixture gently.

Portion-Per-Serving Information (Yields 8 servings):

Serving = 1/4 cup = ½ V