

RECIPE IDEA:

Eggplant and Tomato Sauté

INGREDIENTS

- 1 eggplant-diced and peeled
- 2 chopped bell peppers
- 1 can (14.5 oz) diced tomatoes
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- Salt and pepper to taste



DIRECTIONS

1. Heat oil in a large non-stick saucepan over medium-high heat.
2. Add bell peppers; sauté for 3 minutes.
3. Add garlic powder, and sauté for 1 minute.
4. Add the eggplant, salt, black pepper, and tomatoes; stir to combine.
5. Cover, reduce heat, and simmer 5 minutes.



Serves: 6



Nutrition Facts will vary based on ingredients used.

Serving Size: 190g

Calories: 85

Fat: 5.1g

Sodium: 7mg

Carbs: 9.7g

Sugar: 5.8g

Protein: 1.8