

Recipe

Eggplant, Chickpea, and Tomato Bake

Servings: 5

Estimated Cost: \$ 5.00-\$8.00

Grocery List: Cooking oil, canned tomatoes, garlic, onion, salt, pepper, dried oregano, dried paprika, dried basil, bell pepper (optional)

Equipment Needed: Baking sheet, oven, knife, cutting board, mixing bowl, mixing spoon

Ingredients

- 2 tbsp cooking oil (For example, coconut oil, canola oil, or olive oil)
- 1 eggplant, cut into ½ inch cubes
- 1 onion, finely chopped
- 1 bell pepper, chopped (color of your choice) (optional)
- 2-3 cloves garlic, chopped
- 1 (12 oz) can diced tomatoes
- 1 cup cooked chickpeas
- 1 tsp ground oregano
- 1 tsp ground paprika
- 1 tsp ground basil
- Salt and pepper to taste

Method of Preparation

1. Preheat the oven to 400 F.
2. In a mixing bowl add the oil, eggplant, onion, bell pepper, garlic, diced tomatoes, chickpeas, oregano, paprika, basil, salt, and pepper. Mix well.
3. Add to a deep baking sheet and place in the oven.
4. Roast for 35-45 minutes, or until the eggplant is tender.
5. Remove from the oven and let cool for 8 minutes before serving. Enjoy!

Nutrition Facts

Serving size: 1 cup
Servings: 5

Amount per serving

Calories **240**

% Daily Value*

Total Fat 8.2g **10%**

Saturated Fat 5g **25%**

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 35.3g **13%**

Dietary Fiber 11.4g **41%**

Total Sugars 10.1g

Protein 9.5g

Vitamin D 0mcg **0%**

Calcium 63mg **5%**

Iron 3mg **17%**

Potassium 727mg **15%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.