

Eggplant & Chickpea Skillet

*1 Tbsp. olive oil
1 green pepper, diced
2 cloves garlic, chopped
1 small eggplant or 2 Italian eggplants,
quartered and sliced
6–8 mushrooms, sliced
1 15-oz. can diced tomatoes
1 15-oz can chickpeas, drained
½ tsp. tarragon
2–3 cups broccoli, cut into small
florets
8–12 fresh basil leaves (preferably
Thai basil)*

Sauté the green pepper and garlic in the oil over medium heat for several minutes. Add mushrooms and eggplant and continue cooking, stirring often, for five minutes.

Add the tomatoes with their juice, chickpeas and tarragon. Stir well, cover and simmer for 10–12 minutes until eggplant has softened somewhat.

Stir in the basil leaves and broccoli and simmer, partially covered, for 8–10 minutes or until broccoli is bright green. Season to taste with salt and freshly ground black pepper. Serve over rice or couscous.

4 servings

Per serving: 248 calories; 13g protein; 7g fat; 34g carbohydrate; 0mg cholesterol

Source: original recipe