

VEGETARIAN MAIN COURSES

Sicilian Eggplant & Chickpeas

Serves 4

INGREDIENTS

- 2 Italian eggplants (about $\frac{3}{4}$ lb.)
- 3 Tbs. extra-virgin olive oil
- 3 Tbs. tomato paste
- 3 cloves garlic, chopped
- $\frac{1}{4}$ tsp. red pepper flakes, more to taste
- $\frac{1}{2}$ cup water
- 2 15 oz. cans no-salt-added chickpeas
- $\frac{1}{2}$ tsp. kosher salt
- 3 Tbs. chopped fresh mint



DIRECTIONS

1. Dice the eggplants into $\frac{1}{2}$ -inch pieces. Sauté in a large non-stick skillet in the oil until golden brown, 5-7 minutes.
2. Stir in the tomato paste, garlic, and red pepper flakes and cook, stirring often, for 2 minutes.
3. Stir in the water and chickpeas and heat through. Season with up to $\frac{1}{2}$ tsp. of salt.
4. Remove from the heat and stir in the mint.

Per Serving: Calories: 340 | Total Fat: 12 g | Sat Fat: 1.5 g | Protein: 13 g | Carbs: 46 g | Fiber: 12 g | Cholesterol: 0 mg | Sodium: 300 mg