



Quick Bites — Eggplant

Savor the Earthy flavors of summer with eggplant. These purple gems are a good source of fiber to help you feel full with fewer calories. Diets rich in fiber help protect the lining of the colon and have been linked to lower risk for cancer and other chronic diseases. Garbanzo beans add extra fiber, protein and a pleasing texture while aromatic notes of cinnamon, mint and cilantro blend to create a one-pot meal that's both nutritious and flavorful.

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Did You Know?

You should aim for at least 30 grams of fiber each day for optimum health. That's at least 5 servings of vegetables and fruit plus at least three small servings of whole grains.



Summer Eggplant Stew

Makes 6 servings.

Per serving: 295 calories, 7 g total fat (1 g saturated fat), 51 g carbohydrate, 9 g protein, 9 g dietary fiber, 117 mg sodium.

Ingredients:

Salt to taste	1/2 tsp. freshly ground black pepper
1/2 tsp. cinnamon	2 Tbsp. fresh mint, chopped
2 Tbsp. fresh cilantro, chopped	2 Tbsp. fresh parsley, chopped
2 Tbsp. extra virgin olive oil	1 medium onion, chopped
4-5 cloves garlic, minced	1 (15-oz) can garbanzos, drained and rinsed
3/4 cup water	4 cups cooked brown rice
1 medium eggplant (about 1 lb), partially peel in strips and cut into 1½ inch cubes	
1 (15-oz) can no salt added diced tomatoes, not drained (the equivalent of fresh tomatoes may be substituted)	

Directions:

1. Combine salt, pepper, cinnamon, mint, cilantro and parsley in small bowl and set aside.
2. In large skillet heat olive oil over medium heat. Add eggplant, onion and garlic and sauté until golden brown, about 5 minutes.
3. Add garbanzos and tomatoes and continue sautéing for an additional 5 minutes.
4. Sprinkle with herb mix. Add water and bring to boil. Reduce heat to low. Cover and simmer for about 30-40 minutes.
5. Top with a sprinkle of fresh mint and serve over bed of brown rice.

For more information:
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