

## Roasted Eggplant

Did you know the eggplant dates back 2,000 years, and that there are over 750 varieties worldwide? More importantly, the eggplant is loaded with vitamins and minerals. It is also low in calories and carbs, but each cup contains 3g of fiber, making it a great addition to a healthy diet. Eggplants also contain antioxidants, which promote cell health and help prevent some diseases including cancer. Antioxidants also help prevent inflammation.

Many recipes for eggplant involve smothering them in tomato sauce or mozzarella, which may taste great, may also be loaded with sodium and fat. Try this simple, delicious recipe with fish or chicken.

### Ingredients

1 Eggplant  
Olive Oil  
Salt and Pepper  
Low-fat mozzarella cheese



### Directions

Slice eggplant into medallions, and salt each side. Let set for 20 – 20 minutes to ‘sweat’ the bitterness out. Rinse and pat dry.

Lay on a cookie sheet, brush each side with olive oil, lightly dust with pepper. Roast in oven for 20 – 30 minutes (until soft) adding just a small sprinkling of low fat mozzarella cheese during the last five minutes.