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HEALTHY RECIPES

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bean

SEARCH

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Recipe: Roasted Eggplant and White Bean Salad

Servings: 4

Preparation Time: 10 min.

Cooking Time: 45 min.

Ingredients:

- 1 Tbs. olive oil
- 3/4 Lbs. eggplant, peeled and cut into 1-0/1 inch cubes
- 1 largered bell pepper\cooked, seeded and cut into 1-0/1 inch squares
- 1 onion\cooked, cut into 1-0/1 inch cubes
- 2 clove garlic, halved
- 1-1/2 cups Italian style peeled tomatoes, drained and cut into 1-0/1 inch pieces
- 1/4 cup fresh parsley, chopped
- 1 tsp. oregano, crushed
- 1/4 tsp. salt (optional)
- 1/8 tsp. pepper
- 1 Lbs. canned white kidney beans, drained
- 3 Tbs. red wine vinegar
- 4 Romaine lettuce leaf

This Recipe is considered:
Low Cholesterol

Cooking Directions:

Preheat oven to 450° F. Pour oil into a large jelly roll pan. Add next 4 ingredients. Toss to coat with oil. **Roast** vegetables 35 minutes, stirring every 10 minutes, until tender. Add tomato, parsley, oregano and salt and pepper to taste. Stir and **bake** another 10 minutes. Remove from oven, set aside to cool slightly. Stir in beans and vinegar. Serve mixture on lettuce leaves.

Per Serving: calories 194, fat 7.0g, calories from fat 33%, protein 8.8g, cholesterol 0.0mg, dietary fiber 8.4g

Nutrients		Exchanges	
Calories	194	Milk Exchanges	0.0
Protein	8.8g	Vegetable Exchanges	3.0
Carbohydrates	33.7g	Fruit Exchanges	0.0
Dietary Fiber	8.4g	Bread Exchanges	0.9
Sugar	10.8g	Other Carbohydrates/Sugar Exchanges	0.0
Fat Total	7.0g	Lean Meat Exchanges	0.0
Saturated Fat	1.7g	Very Lean Meat/Protein Exchanges	1.1
Mono-unsaturated Fat	3.3g	Fat Exchanges	0.7
Poly-unsaturated Fat	2.0g		
% Calories from Fat	33%		
Cholesterol	0.0mg		
Sodium	239.5mg		
Vitamins		Minerals	
Vitamin A	211.8IU	Calcium	93.1mg
Thiamin (B1)	1.3mg	Copper	1.3mg
Riboflavin (B2)	1.6mg	Iron	3.0mg
Niacin (B3)	2.1mg	Magnesium	71.3mg
Vitamin B6	2.5mg	Manganese	0.7mg
Vitamin B12	0.0mcg	Phosphorus	184.3mg
Vitamin C	72.5mg	Potassium	858.0mg
Vitamin E	2.3IU	Selenium	3.8mcg
Folate	109.4mcg	Sodium	239.5mg
Pantothenic Acid	0.8mg	Zinc	1.1mg