**Eggplant Bell Pepper Medley**

Prep Time: 10 minutes  
Cooking Time: 40 minutes  
Servings: 4

**Ingredients**  
Cooking spray  
1 large onion, chopped  
1 tablespoon garlic, chopped (2 large cloves)  
1 tablespoon ginger, chopped (~2 inches)  
1 serrano pepper or jalapeno pepper, chopped  
1 large tomato, chopped  
1 teaspoon salt  
1 teaspoon turmeric  
½ teaspoon cumin powder  
½ teaspoon coriander powder  
2 pounds eggplant (~15 little eggplants or 1 big eggplant), chopped into 1” cubes (skin on)  
½ each of 2 large red and orange bell peppers, chopped  
Garnish: ¼ cup cilantro

**Directions**  
1. Heat cooking spray in pan on medium heat.  
2. Add onion, garlic, ginger and pepper and cook until onions are a light brown, about 10 minutes.  
3. Add tomato and sauté until it’s soft, for a few minutes.  
4. Add spices and mix.

5. Add eggplant, mix and cover until it’s soft, for about 15 minutes.

6. Open and add bell peppers and cover for 10 more minutes until bell peppers soften.

7. Turn off stove, garnish with cilantro and serve!