

Eggplant Bread

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 1 loaf

*1 large eggplant
1/3 cup margarine, softened
3/4 cup sugar
2 eggs
1 3/4 cups sifted flour
1 teaspoon baking soda
1/4 teaspoon cinnamon*

Peel the eggplant and cut into six large pieces. Boil gently for 10 minutes or until soft. Drain well and cool. Mash the pulp well so it is in fine pieces. (The eggplant may also be baked unpeeled. Cut a small slice from each end and bake at 400 degrees for 45 to 60 minutes or until soft. Cool, cut open and scrape the pulp thoroughly from the skin. Drain and mash well.)

In a bowl, cream the margarine and sugar until light. Add the eggs and beat well. Stir in the eggplant (about one cup of pulp).

In a bowl, sift together the flour, baking soda and cinnamon. Add gradually to the batter. Stir and blend thoroughly but do NOT beat. Pour the batter into a greased and floured 9x5 inch baking pan.

Bake in the oven at 350 degrees for one hour.

Slice thinly and serve with butter or cream cheese.

Per Serving (excluding unknown items): 2118 Calories; 73g Fat (30.6% calories from fat); 39g Protein; 333g Carbohydrate; 17g Dietary Fiber; 424mg Cholesterol; 2122mg Sodium. Exchanges: 10 Grain(Starch); 1 1/2 Lean Meat; 5 1/2 Vegetable; 12 1/2 Fat; 10 Other Carbohydrates.