
Chopped Eggplant

Joan Reifler - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1 eggplant

1 onion

1/2 green pepper

1/4 cup olive oil

salt (to taste)

pepper (to taste)

Place the eggplant under the broiler on a heavy-duty sheet of aluminum foil. Poke holes in the eggplant with a fork. Broil 8 to 10 minutes on each side until all sides are brown and wrinkled (20 minutes).

In a food processor, chop the onion and green pepper.

When the eggplant cools, slice it open. Lay it flat and poke more holes in the eggplant. Allow to drain. Scoop out the inside of the eggplant. Place in a bowl with the onion and green pepper. Chop until mixed. Add 1/4 cup of olive oil, salt and pepper.

Chill.

Serve with buttered rye bread.

Side Dishes

Per Serving (excluding unknown items): 654 Calories; 55g Fat (72.3% calories from fat); 6g Protein; 41g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 7 1/2 Vegetable; 11 Fat.