

Easy Eggplant

*Evelyn Letson - Anniston, AL
Southern Living - 1987 Annual Recipes*

Servings: 6

*6 slices bacon
1 medium (1-1/4 pound) eggplant,
peeled and diced
1 small green pepper, chopped
1 cup celery, thinly diced
1 small onion, chopped
2 tablespoons water
2 medium tomatoes, chopped
1 tablespoon brown sugar
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 cup Parmesan cheese, grated*

Place the bacon in a 2-1/2 quart shallow baking dish. Cover with wax paper. Microwave on HIGH for 5 to 7 minutes or until crisp. Remove the bacon. Reserve the drippings. Crumble the bacon and set aside.

Add the eggplant, green pepper, celery, onion and water. Stir well. Cover with heavy-duty plastic wrap (do not vent). Microwave the vegetables on HIGH for 6 minutes giving the dish a quarter-turn at 2 minute intervals.

Let stand for 5 minutes. Drain.

Add the tomatoes, brown sugar, salt and pepper to the eggplant mixture. Stir well. Cover with heavy-duty plastic wrap and microwave on HIGH for 4 minutes, stirring after 2 minutes. Let stand 5 minutes.

Sprinkle with Parmesan cheese and bacon.

Per Serving (excluding unknown items): 102 Calories; 4g Fat (37.4% calories from fat); 5g Protein; 12g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 366mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	102	Vitamin B6 (mg):	.2mg
% Calories from Fat:	37.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	44.1%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	18.5%
Total Fat (g):	4g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	8mg
Carbohydrate (g):	12g
Dietary Fiber (g):	3g
Protein (g):	5g
Sodium (mg):	366mg
Potassium (mg):	420mg
Calcium (mg):	71mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	32mg
Vitamin A (i.u.):	495IU
Vitamin A (r.e.):	53 1/2RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	35mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	102	Calories from Fat: 38
-----------------	-----	-----------------------

% Daily Values*

Total Fat	4g	7%
Saturated Fat	2g	9%
Cholesterol	8mg	3%
Sodium	366mg	15%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	14%
Protein	5g	

Vitamin A	10%
Vitamin C	53%
Calcium	7%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.