



## CHOPPED EGGPLANT RELISH

Intermediate Lifestyle

### Ingredients

2 medium eggplants (about 2 pounds)  
2 TBS chopped fresh parsley  
1 TBS fresh lemon juice  
½ TSP paprika  
½ TSP ground cumin  
1/4 TSP Morton's Lite salt  
1/8 TSP pepper  
2 garlic cloves, minced

### Instructions

1. Preheat oven to 400°.
2. Pierce eggplants several times with a fork. Place eggplants on a baking sheet, and bake at 400° for 40 minutes or until tender (tender, but firm enough to chop).
3. Cut each eggplant lengthwise into quarters; drain well. Peel eggplant. Chop pulp.
4. Combine the chopped eggplant and remaining ingredients in a medium bowl. Stir mixture gently.

**Portion-Per-Serving Information** (Yields 4 servings):

Serving = 1/2 cup = 1 V