

Caviar d'Aubergines

Serves 8

6 small eggplants
1 bulb garlic (approximately 10 cloves), with skin
1 tablespoon olive oil, divided
juice of 1 lemon
salt, to taste
pepper, to taste

Preheat oven to 350° F.

Wash and drain the eggplants. Prick each eggplant several times with a fork and place on a baking sheet.

Wrap garlic in foil and place the eggplant and garlic in the oven. Bake for about 40 minutes or until the eggplant and garlic are soft. The garlic should have a golden color.

Remove eggplant and garlic from the oven and remove their skins and place in a blender. Garlic can be removed from the skin by breaking open the skin and then scooping out the soft, cooked garlic. Start to blend and gradually drizzle in the olive oil. Pour mixture into a medium bowl. With a wooden spoon, mix in the lemon, salt and pepper.

Serve hot or cold with toasted slices of baguette bread.

Per serving: 129 calories; 4.5 g protein; 27 g carbohydrate; 2.5 g fat; 10 g fiber; 37 mg calcium; 304 mg sodium; calories from protein: 11%; calories from carbohydrates: 76%; calories from fats: 13%

Source: New Century Nutrition