

Eggplant with Pasta  
Courtesy of Chris Lynch and Applied Nutrition

1 medium onion, diced  
2-3 garlic cloves  
½ cup olive oil  
1 eggplant  
2 bell peppers  
3 tomatoes, chopped  
½ cup black olives  
3-4 tbsp. capers  
2 cups white wine or water  
2 tbsp. balsamic vinegar  
12 oz. tomato paste  
1 tsp. oregano  
1 tsp. thyme  
1 tsp. basil  
Salt & pepper to taste

Saute onions, garlic and eggplant in oil for 2-3 minutes, until tender. Add bell peppers, cook for 2 more minutes. Add tomatoes, olives, and capers. Add white wine, vinegar and tomato paste. Simmer for 45 minutes, and then add fresh herbs. Serve over low protein pasta, rice or mixed greens.

Yield: approx. 11 six-ounce servings, or eight eight-ounce servings  
Phe per 6 oz. serving: 90  
Phe per 8 oz. serving: 120