

# Quinoa with Roasted Eggplant

Serves 5 Serving size: 1 ½ cups  
Prep time 10 minutes. Ready in 30 minutes

## INGREDIENTS:

- 1 large eggplant, peeled and cut into small cubes
- 2 Tablespoons olive or vegetable oil
- 1 cup quinoa, dry
- 1 1/2 cups cherry tomatoes cut in half
- 1 can chickpeas or other white bean
- 1 cup black olives (optional)
- ¼ cup onion, chopped finely
- ¼ cup lemon juice
- 1 teaspoon dill, dried

## DIRECTIONS:

1. Preheat oven to 475 F.
2. Prepare quinoa according to directions on package.
3. While quinoa is cooking, coat eggplant with oil and spread on a baking sheet. Bake for 15 minutes.
4. Drain and rinse chickpeas.
5. Add olives, onion, eggplant, and chickpeas to quinoa. Blend well.
6. Stir in lemon-dill mixture and serve.

**Nutrition Facts:** Servings: 5 Serving Size: 1 ½ cups Calories: 278 Total Fat: 9g Saturated Fat: 1g Cholesterol: 0mg Sodium: 483mg Total Carbohydrate: 54g Fiber: 14g Sugar: 4g Protein: 12g Phosphorus: 262mg Potassium: 580 mg

## Let's eat for the health of it!

### What is an Eggplant?

Eggplant is thought of as a vegetable, but it is a fruit. It brings a mild flavor and unique texture to recipes. It has many health benefits from antioxidants, fiber, and more.

### All about Antioxidants

- Antioxidants help protect the body's cells from damage caused by harmful substances.
- Studies show that antioxidants can help prevent some diseases such as heart disease and cancer.

### How to Choose, Store, and Prepare Eggplant

**Choose** a firm eggplant with smooth, shiny skin that is solid in color.

**Store** whole eggplant in the refrigerator for up to 1 week.

**Prepare** eggplant by cutting the ends off, peeling the skin and cutting into slices or cubes and roasting. The skin can be left on and eaten as well.

Recipe submitted by Mount Mary University Dietetics Department in partnership with the Coalition for Healthier Hospitals.  
Additional recipes available at [healthyshelves.org](http://healthyshelves.org)

