

Roasted eggplant on baguette

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8

Ingredients	Qty	Measure
Eggplants (soak in water for 15 minutes) cut long ways	2	Lbs.
Olive oil	¼	cup
Red onions (sliced and caramelized)	3	cups
Earth Balance	2	Tbsp.
Green cabbage (sliced thinly)	1	cup
Fresh baby spinach (washed)	2	cups
Romaine lettuce (chopped)	2	cups
Baguette	1	each
Roasted Red Pepper Aioli		
Just Mayo or other vegan mayonnaise	1	cup
Fresh garlic	5	cloves
2 pieces of canned roasted red pepper	1	15 oz. can

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparations

1. Brush eggplant with oil and sprinkle with Cajun seasoning (I prefer Tony Chachere's). Roast for 10-15 minutes at 350 degrees.
2. Put Earth Balance in pan. Add onions and cook until tender and brown.
3. Cut baguette lengthways, spread 2 tbsp. of roasted red pepper aioli
4. Top with 8 pieces of eggplant, vegetables, and onions

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

1 piece served with homemade sweet potato chips

Nutrition Information

 *From USDA Nutrient Database

Calories: 286 Total Fat: 20g Saturated Fat: 2g Carbohydrate: 24g Protein: 4g Sodium: 327m

Vitamin A: 135µg Vitamin C: 34mg Calcium: 101mg Iron: 2mg Folic Acid: 145µg