

Roasted Eggplant on Baguette

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Ingredients	Quantity	Measure
Eggplants, soak in water for 15 minutes, cut lengthwise	2	lbs.
Olive Oil	¼	cup
Red Onions, sliced and caramelized	3	cups
Earth Balance, Non-Dairy Margarine	2	tbsp.
Green Cabbage, thinly sliced	1	cup
Fresh Baby Spinach, washed)	2	cups
Romaine Lettuce, chopped	2	cups
Baguette	1	each
Roasted Red Pepper Aioli		
Just Mayo or other Dairy-Free / Egg Free mayonnaise	1	cup
Fresh Garlic	5	cloves
2 pieces of Canned Roasted Red Pepper	1	15 oz. can

Preparations

1. Brush eggplant with oil and sprinkle with Cajun seasoning (like 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

Serving Suggestion

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

