



IN *The Villages*[®]

America's Healthiest Hometown

Eggplant Bruschetta

Prep Time: 40 minutes

Yields: 8 servings

Serving Size: 1 1/2 cups of fruits and vegetables per serving

Ingredients:

- 1 large or 2 small eggplants
- 1 medium tomato, chopped
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 2 tablespoons chopped fresh basil
- 1 teaspoon salt

Directions:

1. Slice eggplant in thin circles, salt them lightly, and bake then in a baking dish at 350 °F for 20 minutes.
2. Allow to cool.
3. Combine with remaining ingredients.
4. Spread on toasted baguette.

Nutritional Information:

Calories: 46

Total fat: 1.4 g

Saturated fat: .2 g

Cholesterol: 0 mg

Total fiber: 2 g

Protein: 5 g

Carbohydrates: 9 g

Sodium: 294

Source: Fruits & Veggies more matters