

## METABOLIC NUTRITION PROGRAM

### Eggplants in a North-South Sauce – 6 Servings

Adapted from Madhur Jaffrey at <http://well.blogs.nytimes.com>

Per Serving: 140 calories, 1.9 gm Protein, 10 gm Fat, 12 gm Carbohydrates

- 4 tablespoons olive or canola oil
- 1/8 teaspoon ground asafetida
- 1/2 teaspoon skinned urad dal or yellow split peas
- 1/2 teaspoon whole mustard seeds
- 1/2 teaspoon whole cumin seeds
- 1/2 teaspoon whole nigella seeds (kalonji)
- 1/2 teaspoon whole fennel seeds
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1 1/2 pounds slim Japanese eggplants, cut crossways into 1-inch segments, or “baby” Italian eggplants cut in half lengthways and then crossways, into 1-inch segments
- 1 medium tomatoes, grated, about 1 1/4 cups
- 1 cup vegetable stock
- 1 teaspoon salt
- 1/4 heaping teaspoon cayenne pepper

### Directions

1. Pour the oil into a very large frying pan and set over medium-high heat. When hot, put in the asafetida and the urad dal.
2. As soon as the dal turns a shade darker, add the mustard, cumin, nigella and fennel seeds, in that order.
3. When the mustard seeds begin to pop, a matter of seconds, add the onions. Stir and fry for a minute. Add the garlic and the eggplant. Stir and fry for 4 to 5 minutes or until the onions are a bit browned.
4. Add the grated tomatoes, stock, salt and cayenne. Stir to mix and bring to a boil. Cover, turn heat to low, and cook about 20 minutes or until the eggplants are tender, stirring occasionally. Recipe makes 6 servings.

<b>Nutrition Facts</b>	
Serving Size (240g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 6g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 20%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	