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.

Nutrition Facts
Serving Size (240g)
Serving Per Container
Amount Per Serving
Calories 140
Calories from Fat 90
% Daily Value
Total Fat 10g
15%
Saturated Fat 1.5g
8%
Trans Fat 0g
Cholesterol 0mg
0%
Sodium 480mg
20%
Total Carbohydrate 12g
4%
Dietary Fiber 5g
20%
Sugars 6g
Protein 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: 360g 375g
Dietary Fiber: 25g 30g
Calories per gram:
Fat 9  Carbohydrate 4  Protein 4