

Eggplant and red pepper sauté



Prep Time: 5 minutes

Cook Time: 18 minutes

Ingredients:

- 1/4 Cup olive oil, divided
- 1 large eggplant, cut into 3/4-inch cubes
- 1 onion, halved and thinly sliced
- 1 red bell pepper, cut into thin strips
- 2 garlic cloves, pushed through a press
- 1 Cup diced canned tomatoes, with juices
- 1 Tablespoon fresh lemon juice
- 1 Teaspoon granular sugar substitute (sucralose)

Directions:

- 1.Heat 2 tablespoons oil in a large skillet over medium-high heat.
- 2.Cook eggplant cubes 5 minutes, until golden. Transfer to a bowl.
- 3.Add remaining oil to skillet. Cook onion and red pepper 5 minutes, until vegetables are softened. Add garlic and cook 1 minute more. Mix in tomatoes, lemon juice, and sugar substitute.
- 4.Return eggplant to skillet; cook 6-8 minutes, stirring occasionally, until vegetables are tender, and sauce thickens slightly. Season to taste with salt and pepper.

3 Japanese eggplants may be substituted for a regular eggplant in this recipe.

Nutrition Facts

Makes 6 servings

Amount per serving:

Calories	123.5
Net Carbs	5.8
Dietary Fiber	4
Total Fat	9.5
Protein	1.5