

EGGPLANT CAVIAR SPREAD

NL#18

9/28/02

1 lg. eggplant
1 c. finely chopped onion
1 c. finely chopped bell pepper
2 tbsp. olive oil
1 tomato, finely chopped
Salt & pepper to taste

To cook eggplant: Roast on BBQ grill until the skin of the eggplant is brittle, turning occasionally to insure that it cooks thoroughly. Once cooked, let it cool, and then peel. Scrape all insides into a bowl and set aside. Discard the skin. (If you do not have access to a BBQ grill, you can boil the eggplant for 25 minutes.) In a large skillet, brown the onion and green pepper in the olive oil. Add eggplant and tomato and stir often. Cook until the mixture is well done. Add more oil if it begins to stick. Salt and pepper to taste. Once the mixture is cooked, put it in a serving dish and chill.

Serve as a spread for pumpernickel bread, French bread or crackers.