

Tomato, Eggplant, and Lentil Curry Makes 4 servings

2 T vegetable oil
1 medium eggplant
1 cup onion, chopped fine
4 cloves garlic, chopped
1 T curry powder
1/2 t ginger powder
1/2 t cumin powder
1/2- 6 oz. can tomato paste
1 cup fresh tomatoes, chopped
1/2 cup dry lentils
1 cup vegetable broth
1/2 cup water
1 t lime juice
1/2 cup cilantro leaves
1/2 cup nonfat plain yogurt



Heat oil in a large non-stick pan on medium-high heat for 30 seconds. Add eggplant, cover, and heat for 5 minutes stirring every minute. Add onion and continue to cook for 3 minutes uncovered, stirring every minute. Add garlic, curry powder, ginger, cumin, and tomato paste; sauté for 1 minute. Add tomatoes, lentils, and broth; cover the pan, bring to a boil, reduce to a simmer and cook for 15 minutes. Taste one of the lentils to ensure doneness. When lentils are no longer crunchy turn off heat. Add lemon juice. Serve over rice with a large pinch of cilantro leaves and a large dollop of plain yogurt.

Nutrition information: 260 calories, 9g fat, 12g protein, 440mg sodium, 13g dietary fiber. Excellent source of vitamins C and iron, good source of vitamin A and Calcium.

