# Roasted Eggplant Spread

## Ingredients

1 medium eggplant, peeled  
2 red bell peppers, seeded  
1 red onion, peeled  
2 garlic cloves, minced  
3 Tablespoons olive oil  
1 teaspoon salt, 1/2 teaspoon ground pepper  
1 Tablespoon tomato paste

## Instructions

Preheat oven to 400 degrees F.  
Cut eggplant, bell pepper, and onion into 1 inch cubes. Toss them in a bowl with garlic, olive oil, salt, and pepper. Spread them on a baking sheet. Roast for 35-45 minutes until vegetable juices are lightly browned and soft, tossing once during cooking.  
Cool slightly. Then place vegetables in food processor with a blade, add tomato paste and pulse 3-4 times to blend.

**Serving Size:** Makes 6-8 servings

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INFORMATION

Nutrition Facts: 1/6 of recipe provides 103 calories, 4g fiber, 10g carbohydrate, 2g protein, 7g fat.

Serve with carrot sticks, cucumber slices or pita bread or as a side dish to fish or chicken or vegetarian meal.

Eggplants contain fiber, potassium, vitamin C and B6. These are all known to help lower the risk from heart disease. Eggplant also contains vitamin K which is necessary for blood clotting and helps prevent hardening of the arteries and prevents dangerous plaque deposits which may cause blockages. Their red-blue skin pigment called anthocyanin has been found to help with dropping blood pressure significantly. Lower blood pressure is known to lower the risk of stroke, heart attacks and blood VISIT BCOC.ORG FOR MORE RECIPES!