

## Side Dishes

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# Eggplant And Tomato

**Servings: 4**

*Exchanges: One serving (1/2 cup) = 1 vegetable, 1 fat*

**1 tablespoon vegetable oil**  
**1 eggplant, unpeeled and diced**  
**1 small onion, chopped**  
**1/2 teaspoon salt**  
**dash pepper**  
**1/2 teaspoon dried basil**  
**2 large tomatoes, peeled and diced**  
**parmesan cheese**

Place oil in heavy frying pan with cover.

Add eggplant and onion; saute' four to five minutes.

Add salt, pepper and basil; cook covered for ten minutes.

Add tomatoes and cook uncovered for five minutes, stirring occasionally. Raise heat during last minute of cooking to evaporate excess moisture.

Sprinkle with parmesan cheese.

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Per Serving (excluding unknown items): 84 Calories; 4g Fat (37.8% calories from fat); 2g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 276mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 1/2 Fat.