

---

# Roasted Eggplant and Peppers

*Kathleen Olsen*

*Nettles Island Cooking in Paradise - 2014*

Servings: 4

**1 eggplant, seeded, halved and sliced**

**2 red bell peppers, cut up**

**1 green bell pepper, cut up**

**1 onion, sliced**

**1/4 cup extra virgin olive oil**

**salt (to taste)**

**pepper (to taste)**

In a bowl, combine the oil, salt and pepper.

Toss the vegetables in the oil mixture.

Combine the vegetables in a 13x9-inch casserole dish.

Bake the dish in the oven at 350 degrees for 20 minutes.

## **Side Dishes**

---

*Per Serving (excluding unknown items): 184 Calories; 14g Fat (64.4% calories from fat); 2g Protein; 15g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 2 1/2 Vegetable; 2 1/2 Fat.*