Eggplant Chutney

By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

Chutney with a smoky flavor.

Yield: 1 1/2 cup

Ingredients:

1 Eggplant, cut lengthwise into 3/4-inch planks
2 T. Olive oil
Kosher salt, as needed
Black pepper, as needed
2 T. Olive oil
½ T. Garlic, minced
½ White onion, medium dice
3 T. brown sugar, packed
¾ cup Brown rice vinegar
½ tsp. Cumin, ground
½ tsp. Coriander, ground
2 tsp. Lime juice
½ cup Parsley, chopped

Method of Preparation:

1. Rub eggplant with olive oil and sprinkle with salt and pepper. Grill over medium-high heat until golden brown; or about 5 minutes each side. Remove from heat and cut into medium dice.

2. In a skillet, heat the olive oil over medium heat. Add the garlic and onion and cook until golden; or about 5-7 minutes. Add the diced eggplant, brown sugar, vinegar, cumin, and coriander and stir frequently, for about 3-4 minutes.

3. Finish with lime juice, and fresh parsley to garnish. Enjoy!

Nutritional Analysis: Per serving

Calories: 88 kcal  Fiber: 2 g  Sugar: 13 g
Total Fat: 5 g  Cholesterol: 0 mg  Sodium: 20 mg
Saturated Fat: .8 g  Protein: 1.1 g
Carbohydrates: 17 g
Stuffed Mushroom

By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

A hearty mushroom dish.

Yield: 8 servings

Ingredients:
- ½ cup Panko bread crumbs
- ½ cup Parmesan cheese, grated
- 2 Garlic cloves, peeled and minced
- 1 tsp. Jalapeno, minced
- ¼ cup Spinach, small dice
- 1 T. Parsley, chopped
- Salt, as needed
- Black pepper, as needed
- 2 T. Olive oil
- 32 large white or brown mushrooms, without the stem
- ¼ cup Scallion, chopped

Method of Preparation:

1. Preheat oven to 400 degrees F.
2. Mix the bread crumbs, parmesan, garlic, jalapeno, spinach, parsley, salt and pepper in a medium sized bowl. Add 1 T. olive oil and blend until combined.
3. Drizzle baking sheet with 1 T. olive oil. Spoon the filling into the mushrooms and put on baking sheet. Bake for 25-30 minutes or until the mushrooms are soft and the filling is heated through. Finish with chopped scallion and enjoy!

Nutritional Analysis: Per serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>50 kcal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>.5 g</td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>3 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>150 mg</td>
</tr>
</tbody>
</table>