

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
¼ cup Brown rice vinegar
½ tsp. Cumin, ground
½ tsp. Coriander, ground
2 tsp. Lime juice
⅓ 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

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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

Calories:	50 kcal	Fiber:	2 g	Sugar:	1 g
Total Fat:	2 g	Cholesterol:	5 mg	Sodium:	150 mg
Saturated Fat:	.5 g				
Protein:	2 g				
Carbohydrates:	3 g				