



Eggplant with Sausage

Servings - 4

Prep + Cook Time— 30 minutes

Equipment Needed—

1 skillet, cutting board, measuring spoons and Knife

INGREDIENTS

- $\frac{1}{2}$ lb. Italian Turkey Sausage
- 2 bell peppers (any color)
- 1 large onion
- 1 medium eggplant (about 1 lb.)
- 4 tablespoons olive oil
- 2 tablespoons tomato paste
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

Alternatives/Substitutes:

- Substitute zucchini for the eggplant
- Use hot or sweet sausage for this dish

NUTRITIONAL INFORMATION

Possible Allergen: sensitivities to gluten or citrus

Health Benefits:

Per serving:

400 calories | 42g carbs | 10g fat (2g sat fat) |
24g protein | 480mg sodium | 7g fiber

INSTRUCTIONS

1. **Prepare your ingredients:** remove the sausage from the casing by cutting a shallow slit down the center. Peel off the casing and break into small, bite-sized pieces. Slice the peppers and onions. Chop eggplant into $\frac{1}{2}$ -inch pieces.
2. In a large skillet, heat 1 tablespoon of oil over medium heat.
3. Add sausage to skillet. Sauté the sausage until lightly browned.
4. Remove the sausage from the skillet with a slotted spoon, leaving the oil in the skillet.
5. Sauté the onions and peppers until lightly browned, then remove from skillet.
6. Heat the remaining 3 tablespoons oil and sauté the eggplant until lightly browned.
7. Stir in the tomato paste to coat the eggplant.
8. Stir in $\frac{1}{2}$ cup water and cook until eggplant is very tender, adding more water as needed.
9. Season with salt and pepper.
10. Return the sausage, peppers and onions to the skillet and heat through.

Recipe Source: <http://www.capitalareafoodbank.org/recipes>