

Roasted Eggplant Baguette

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Ingredients	Quantity	Measure
Eggplants, soak in water for 15 minutes, cut lengthwise	2	pounds
Olive oil	¼	cup
Red onions, sliced and caramelized	3	cups
Non-dairy margarine	2	tablespoons
Green cabbage, thinly sliced	1	cup
Fresh baby spinach, washed	2	cups
Romaine lettuce, chopped	2	cups
Baguette	1	each
Roasted Red Pepper Aioli		
Egg-free mayonnaise	1	cup
Fresh garlic	5	cloves
Roasted red pepper, canned	2	pieces

Preparations

1. Brush eggplant with oil and sprinkle with Cajun seasoning. Roast for 10-15 minutes at 350 degrees.
2. Put margarine in pan. Add onions and cook until tender and brown.
3. Make the aioli: Add mayonnaise, garlic, roasted red pepper to a food processor or blender and blend until smooth.
4. Cut baguette lengthways, spread 2 tablespoon of roasted red pepper aioli.
5. Top with 8 pieces of eggplant, vegetables, and onions.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 286 Total Fat: 20g Saturated Fat: 2g Carbohydrate: 24g Protein: 4g Sodium: 327m
Vitamin A: 135µg Vitamin C: 34mg Calcium: 101mg Iron: 2mg Folic Acid: 145µg

