



Eggplant, also known as aubergines, is a high-fiber, low-calorie food that is rich in nutrients and comes with many potential health benefits. From reducing the risk of heart disease to helping with blood sugar control and weight loss, eggplant is a simple and delicious addition to any healthy diet.

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AUBERGENIUS

Eggplant with Goat Cheese, Tomatoes, and Pine Nuts

1 Eggplant, cut into 2-inch wide slices	¼ cup pine nuts
4 ounces goat cheese	1 T basil, chopped
¼ cup fresh tomato, diced	

Preheat oven to 350°F.

Place eggplant slices in a glass dish. Top with the rest of the ingredients.

Bake uncovered for 60 minutes.

Serves: 10.