

Curried Eggplant With Tomatoes and Basil



Serves 3

Total Time: 25m

Ingredients

2/3 cup white basmati rice
kosher salt and black pepper
1 tablespoon olive oil
1 onion, chopped
2 cloves chopped garlic
1 tbsp. tomato paste
1 tsp. turmeric
1 tsp. cumin
2 pints tomatoes, peeled, hardcore removed and coarsely chopped
1 eggplant (about 1 pound), peeled and cut into 1/2-inch pieces
1 1/2 teaspoons curry powder
1 15.5-ounce can chickpeas, rinsed
1/2 cup fresh Thai basil
1/4 cup plain low-fat yogurt (preferably Greek), optional

Directions

Meanwhile, heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes then add the garlic and cook another couple of minutes to soften.

Stir in the tomatoes, eggplant, curry powder, 1 teaspoon salt, and 1/4 teaspoon black pepper. Cook, stirring, until fragrant, about 15 minutes or until the eggplant is tender.

Stir in the chickpeas and cook just until heated through, about 3 minutes. At this point I turned it off and left it alone as we all know that a curry is better reheated.

In a medium saucepan with a tight-fitting lid, combine the rice, 1 ½ cups water, and ½ teaspoon salt and bring to a boil. Stir the rice once, cover, and reduce heat to low. Simmer for 18 minutes. Remove from heat and let stand, covered, for 5 minutes.

6. Re-warm the vegetables just before serving and stir in the basil. Fluff the rice with a fork and serve the vegetables over the rice with yogurt, if using.

Nutritional Information

Calories 339; **Calories From Fat** 13%; **Protein** 9g; **Carbohydrate** 71g; **Sugar** 8g; **Fiber** 11g; **Fat** 5g; **Sat** Fat 1g; **Calcium** 65mg; **Iron** 3mg; **Sodium** 697mg; **Cholesterol** 0mg