



Give this great recipe a try! Russian Eggplant Caviar

For when the real deal is a little out of reach... Faux caviars, such as eggplant and mushroom caviars, are healthy veggie alternatives. Some prefer them to the real thing!

Ingredients:

- 1 each eggplant, large
- 3 tbsp olive oil
- 3 each onions, finely diced
- 1 each tomato, finely diced
- 2 teaspoons lemon juice
- 2 teaspoons garlic, minced
- Salt and pepper, to taste

Directions:

1. Bake eggplant at 375°F. about 30 minutes or until tender. Peel and chop.
2. Heat 2 tablespoons olive oil in large skillet. Add eggplant, onion and tomato and cook over low heat until eggplant is tender.
3. Add remaining 1 tablespoon oil, lemon juice, garlic and salt and pepper to taste. Continue to cook over low heat, few minutes to blend flavors.
4. Chill well before serving as appetizer or dip for baked tortilla chips or cut vegetables.

Makes 14, ¼ cup servings

