



Algerian Eggplant Salad

- 2½ Tbsp olive, canola, or vegetable oil
- 1 tsp turmeric
- 1 tsp cumin
- ½ tsp crushed red chili flakes
- ¾ cup lime juice
- 8 cloves garlic, minced (about 4 tsp)
- 1 cup minced cilantro, divided
- 3 lbs. eggplant, peeled and cut lengthwise into 1-inch-thick slices
- 1 lb. plum tomatoes, cut in half lengthwise
- 4 medium green peppers, halved and seeded
- 2 small jalapeno peppers, halved and seeded
- ½ tsp salt

1. Combine oil, turmeric, cumin, red chili flakes, lime juice, garlic, and half the cilantro in a bowl. Gently toss and marinate the eggplant, tomatoes, green peppers, and jalapenos at room temperature for at least 30 minutes.
2. Preheat the grill so you can hold your hand 4 inches above the surface for a count of 4 seconds. Grill all vegetables for 4-5 minutes on each side.
3. Chill the vegetables completely. Cut tomatoes into wedges, cut eggplant and green peppers into bite-sized pieces, and mince jalapenos. Toss all vegetables with the remaining cilantro. Season with salt.

Makes: 8 servings

Nutrition Information:

CALORIES 110 (36% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 160mg; CARBOHYDRATE 18g; FIBER 7g; PROTEIN 3g; CALCIUM 120%; IRON 4%



Zucchini Bread



- ¾ cup skim milk
- 2 large eggs
- ½ cup sugar
- 1/3 cup canola or vegetable oil
- 1 tsp vanilla extract
- 2 cups shredded zucchini
- 2 cups flour, preferably whole wheat
- 2 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp salt
- Cooking spray

1. Preheat the oven to 350°F. Coat a 9-by-5" loaf pan with cooking spray.
2. Whisk milk, eggs, sugar, oil, and vanilla in a medium bowl. Stir in zucchini. Combine flour, baking powder, cinnamon, and salt in a large bowl. Stir in wet ingredients until just combined. Transfer the batter to the prepared pan.
3. Bake until golden brown and a toothpick inserted into the center comes out clean, 50 minutes to an hour. Cool in the pan for 10 minutes, then transfer to wire rack. Allow to cool for at least 1 hour before slicing.

Makes: 12 servings

Nutrition Information:

CALORIES 140 (32% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 25mg; SODIUM 100mg; CARBOHYDRATE 21g; FIBER 2g; PROTEIN 4g; CALCIUM 2%; IRON 4%