

Sauteed Eggplant Salad

My own concoction, but loosely based on a recipe from *The Frugal Gourmet*, Jeff Smith



It's a veggie, but cooked this way it could also be a salad.

1 pound eggplant

1/3 cup grapeseed oil, or olive oil
(approximately)

1 cup fat-free Greek yogurt

1/4 teaspoon dried oregano, crushed

1 clove garlic, mashed

1 tablespoon lime juice, freshly squeezed

Salt and freshly ground black pepper to taste

2 tablespoons fresh mint, minced, for garnish

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

If you have leftovers, scrape off the topping and refrigerate separately. It absorbs the purple/brown cast from the eggplant skin.

1. Cut the eggplant in half, then slice each half into 1/4 inch planks. Lay them on a baking sheet and sprinkle both sides with salt. Set aside for about 30 minutes.
2. Rinse eggplant slices in water and dry on both sides with towels or paper towels.
3. Heat a large saute pan to medium-high and add oil. Heat until oil shimmers, then saute eggplant slices (in 2-3 batches) in the oil until golden brown on both sides and just barely cooked through. Add more oil to the pan as needed. Taste eggplant to make sure you're not over or under cooking them. Drain on paper towels.
4. Remove slices to a platter and overlap the slices slightly.
5. Meanwhile, prepare topping: combine yogurt, garlic, salt, pepper, oregano and lime juice. Stir well, then spoon the sauce on top of the cooled eggplant. You may serve the eggplant immediately, or cover and chill. Garnish with fresh mint.

Per Serving (excluding unknown items): 125 Calories; 12g Fat (84.5% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 2 1/2 Fat.