

# Roasted Eggplant with Ricotta and Mint

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-aubergine-indian-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 1 1/2 pounds eggplant about 2 medium, in 3/4- to 1-inch slices
- 2 ounces crumbled ricotta salata or chopped
- 2 tablespoons capers drained
- 1/3 cup diced red onion finely
- 3 tomatoes seeded, diced medium, 1 1/2 cups
- 3 tablespoons fresh mint leaves minced
- 2 teaspoons red wine vinegar
- ground black pepper Freshly

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 7 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 150 milligrams
9. Sugar: 7 grams

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