Dinner, Mediterranean

Tender Roasted Eggplant with Italian Herbs

Chunks of eggplant roast until golden and softly creamy, coated in olive oil and fragrant Italian seasoning.



Vegetarian

30 min	190	18 g	9 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 large eggplant (1 inch diced)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp Italian seasoning
- [ ] 1/8 tsp salt
- [ ] 1/4 tsp black pepper

Method

- [ ] **1** Heat the oven to 375 degrees F and line a sheet pan with parchment paper.
- [ ] **2** Spread the diced eggplant over the pan, drizzle with the olive oil, and toss with the Italian seasoning, salt, and black pepper until evenly coated.
- [ ] **3** Roast for 20 to 25 minutes, until the eggplant is lightly browned on the outside and creamy in the middle.

Nutrition Facts

Per serving

Calories	**190**
Total fat	14 g
Saturated fat	2 g
Sodium	150 mg
Total carbs	18 g
Fiber	7 g
Total sugars	9 g
Protein	3 g

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