

## UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

### Roasted Eggplant with Spinach and Feta



#### Ingredients:

- 1 large eggplant, cut into 1 inch cubes
- 2 tablespoons olive oil
- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- 5 to 10 ounces fresh spinach
- 1 and 1/2 cups cooked quinoa
- 1/4 cup Feta cheese (topping)
- salt and pepper (to taste)

#### Preparation:

- 1 Preheat oven to 420 F. Line a baking sheet with foil. Grease sheet lightly with olive oil.
- 2 In a large bowl, mix cubed eggplant with 2 tablespoons olive oil, and season with salt and pepper. Spread over the lightly greased baking sheet and roast 20-25 minutes or until eggplant softens. Flip eggplant midway through with a spatula to help even roasting.
- 3 Heat 1 tablespoon of olive oil in a large skillet, add spinach and 1 minced garlic clove. Stirring constantly cook just until the spinach wilts and remove from heat.
- 4 When finished roasting add the eggplant into the same skillet with spinach, off heat. Immediately add quinoa and second clove of minced garlic. Mix well and top with Feta.

More recipes from UofL Health Promotion Office:

[www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes](http://www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes)

Chef Mat's website has more recipes for fresh summer veggies and fruits:

[www.junehealthandwellness.com](http://www.junehealthandwellness.com)