

EGGPLANT STEW OVER COUSCOUS

Ingredients

3 cups cubed peeled eggplant	1 teaspoon dried basil
4 tablespoons water	1 teaspoon dried oregano
1 teaspoon salt	1/2 teaspoon dried dill
2 teaspoons olive oil	1/4 teaspoon black pepper
3 cups (1-inch) bell pepper strips (mixed colors)	2 (14.5-ounce) can no salt-added diced tomatoes, undrained
2 cups chopped onion	1 (12-ounce) can tomato sauce
4 garlic cloves, minced	3 cups dry (uncooked) couscous
2 medium zucchinis, halved lengthwise and thinly sliced	1 cup (2 ounces) grated fresh Parmesan cheese

Preparation

- Combine first three ingredients in a large microwave-safe bowl. Cover and microwave at HIGH for eight minutes.
- Heat oil in a large nonstick skillet over medium-high heat. Add bell pepper, onion, garlic, and zucchini; sauté eight minutes or until onion is tender.
- Add eggplant mixture, basil, and next five ingredients (basil through tomato sauce) to pan; cook eight minutes or until vegetables are tender. Serve over couscous; sprinkle with cheese.
- To cook couscous, boil three cups of water. When boiling, remove from heat, stir in couscous, and cover for five minutes. Fluff with a fork and enjoy. (1 cup water to 1 cup couscous.)

Nutritional Information

Calories: 324 (26% from fat)	Cholesterol: 14 mg
Fat: 9.4 g (sat 4 g, mono 4.1 g, poly 0.6 g)	Iron: 2 mg
Protein: 15.2 g	Sodium: 941 mg
Carbohydrate: 46.3 g	Calcium: 317 mg
Fiber: 7.2 g	

Adapted from:

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