

AMAZING EGGPLANT TACOS

Eggplant Tacos Makes 4-6 servings

Calories: Marinade: 200

Vegetables: 278 Marinade

Total: 478 Per Serving: 79.6-119.5

1/2 cup olive oil or grape seed oil

1/3 cup lemon juice

1 Tablespoon chives, chopped

1 Tablespoon Mrs. Dash, Southwest Chipotle Vegetables

1 whole eggplant, cubed 1/2 onion, diced 1/2 green bell pepper, chopped Olive oil or grape seed oil Flour Tortillas- Eathealthy2live- La Banderita Marinade

1. Combine olive oil (or grape seed oil), lemon juice, chives, Mrs. Dash. Vegetables

1. Peel and cut eggplant into 1/2 inched cube, dice onion and chop bell pepper.

2. Put all ingredients and a marinade of your choice in a Ziploc bag.

3. Refrigerate for 5 to 24 hours.

4. In a large pan, lightly pour oil into pan on medium heat.

5. Then drain vegetables (so that you're not cooking with the marinade).

6. Cook vegetable until soft.

7. Heat Flour tortillas.

8. Put vegetables on tortillas and serve. Tip: this dish is awesome with either fish or skinless chicken. If you decide to add these in your food marinade it with vegetable.