

Eggplant Mix

Ingredients:

Leeks (about 4-5) sliced thinly
Eggplant (about a pound) chopped or sliced
Meat of choice ~ I like this with Smart Ground, or slivered Chicken
Favorite seasonings ~ I like this with the Thai Seasoning from Spice Hunter)

Directions:

- Sauté the leeks and eggplant in PAM spray
- If you are using chicken, cook it first then slice it up while the Eggplant is cooking.
- When the eggplant mix is cooked it will be soft, MIX in either the chicken or Smart Ground.. or a combo of the two.

This is delicious over rice, or pasta, or just with some crackers. This is also great rolled in a flour tortilla. Enjoy what you create ~N