

EGGPLANT WITH PAPRIKA OIL AND FETA

INGREDIENTS

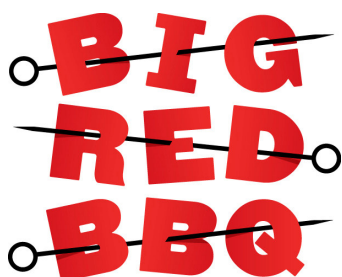
- 3 eggplants sliced about 1cm thick
- ½ cup of extra virgin olive oil
- 1 tsp of sweet paprika
- 120g reduced fat Greek feta

METHOD

1. Mix the olive oil and the paprika together and generously brush over the eggplant slices.
2. Grill eggplant on both sides until soft and well-cooked.
3. Place a dollop of feta on each slice and fold in half like a sandwich to serve. The feta melts.

Serves: 8

	Per Serving (120g)	Per 100g
Energy	752	641
Protein	4.8	4
Fat – Total	16.7	14.2
- Saturated	3.4	2.9
Carbohydrate - Total	2.3	2
- Sugars	2.3	2
Sodium	169	144



Supporting Kidney Health Australia

