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MetaBurn90 Day 7, Meal 2

Roasted Eggplant with Zucchini and Spicy Yogurt

Any time you roast squashes or root vegetables, you deepen the flavors and add a touch of earthy sweetness. That's certainly true with this quick and hearty recipe. Eggplant and zucchini form the base of this dish, while berbere-spiced yogurt, peppery arugula, and pomegranate seeds add spice and freshness. Ready in less than 20 minutes, this is an easy and flavorful recipe for any night of the week.

Prep time: 10 min. Cook time: 10 min.

Serving size: 1 plate

Recipe yields 1 serving

Ingredients

1/2 small eggplant

1/2 small zucchini

1 tbsp olive oil

1/4 cup nonfat Greek yogurt

1 tsp berbere spice (or half and half cumin and chili pepper if you don't have it)

1 tbsp chopped cilantro

2 tbsp pomegranate seeds

1 handful arugula

Salt to taste

Directions

1. Slice the eggplant, and sprinkle with salt. Let sit 5 minutes while you do the same to the zucchini. Rinse and pat dry the eggplant.
2. Preheat the oven to 375 degrees F. Toss the eggplant and zucchini together with the olive oil. Bake for 10 minutes.
3. Meanwhile, whisk together the yogurt, berbere, and cilantro.
4. To serve, drizzle yogurt over the roasted eggplant and zucchini and sprinkle with pomegranate seeds. Toss the arugula with some olive oil, and place on top.