



## BAKED EGGPLANT WITH GOAT CHEESE

1 Tbsp. Olive Oil	2 Eggplants (cut lengthwise into 1/2 inch slices)
4 Large Shallots, sliced	4 oz. Goat Cheese
4 Cloves Garlic, minced	5 Kalamata Olives, diced
3 Roasted Red peppers, diced	1 tsp. capers
1/2 Cup Orange Juice	Parsley

### Directions:

Mix goat cheese, olives, capers together. Broil Eggplant. Add goat cheese mixed to eggplant and roll like pasta. Cook eggplant pasta in oven until soft. Heat olive oil, shallots and garlic, till transparent, add diced red peppers and 1/2 cup orange juice. Let simmer and reduce. Remove eggplant out of oven and top with red pepper sauce.

Yield: 6 servings

Nutrition Information: 230 Calories, 10 gm fat, 3 gm saturated fat, 0 gm trans fat, 15 mg cholesterol, 25 gm carbohydrate, 10 gm fiber, 9 gm protein, 150 mg sodium

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**William K. Nasser, MD 19<sup>th</sup> Annual Dining A La Heart Fundraiser Event  
to benefit THE REVIVING HEART PROGRAM**