

## **Eggplant Spread with Tomatoes**

### **Ingredients:**

- 1 Medium-sized eggplant
- 1 Can chopped tomatoes
- 1 cup thinly sliced zucchini
- 1/3 cup chopped green onions
- 2 Tablespoons red wine vinegar
- 1 Tablespoon olive oil
- 1 teaspoon honey
- 1 minced garlic clove
- 1 Tablespoon fresh basil, minced
- 2 teaspoons oregano
- 1 teaspoon thyme
- 1/8 teaspoon ground black pepper; or to taste
- ¼ cup Brazil nuts, chopped
- 2 dozen wheat thins, or your choice of gluten free or homemade toast

Note: Raw or cooked, zucchini is an underrated fruit (really) that packs a serious nutritional punch. It's safe to eat raw and could even help preserve nutrients that may otherwise have gotten lost in the cooking process.

### **Directions:**

1. Preheat oven to 375 degrees. Bake eggplant for 20-25 minutes; poking holes through the skin with a fork. Remove eggplant and cool completely. Peel and mince.
2. Using colander, place the eggplant in it and press to remove excess liquid.
3. Combine eggplant with tomatoes, zucchini, green onions, vinegar, oil, honey, garlic, basil, oregano, thyme and black pepper in large bowl. Mix well. Refrigerate 2 hours, permitting all flavors to blend.
4. When ready to serve, blend in nuts and serve with your choice of toast.