

Mediterranean Stew

Recipe Makes 4 Servings (8 cups)

1 Serving = 2 Cups

0 SP and 225 Calories

Ingredients:

Olive oil spray

1 large red onion, diced

1 small eggplant (or half a large), diced

1 zucchini, diced

1 bell pepper (any colors), diced

2 tbsp garlic, minced

1 - 15.5 oz can diced tomatoes

4 cups chicken or vegetable broth

1 - 15.5 oz can chickpeas, drained and rinsed

1 - 6 oz can tomato paste

1 tsp dried oregano

2 tsp salt

1 tsp black pepper

24 kalamata olives, halved

3 tbsp flat leaf parsley, chopped

8 tbsp fat free feta cheese

Optional: This recipe is delicious when served over fresh quinoa (adjust points).

Recipe:

Spray olive oil in an extra large saucepan and cook the onions, stirring occasionally until soft and lightly browned. Add the eggplant, zucchini, and bell peppers and cook together, stirring occasionally until softened, about 10 minutes. Mix in the garlic and oregano, and then stir in diced tomatoes, chickpeas, vegetable broth, tomato paste, salt, pepper and bring to a boil. Reduce heat and simmer for 20 minutes. Stir occasionally as the stew thickens. Lastly, mix in kalamata olives and parsley.

Simmer for another 5 minutes. Plate and top with 2 tbsp fat free feta cheese.

Recipe Note: I love this stew served over quinoa, but you must adjust the points and calories if you choose to make your stew this way (½ cup is 3 SP and 110 calories).

Recipe Note: Adjust points if your replacing the fat free feta cheese with regular feta cheese which I love as well (1 tbsp is 1 SP and 35 calories). Eat and Enjoy!

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