

Spicy Roasted Eggplant

- 1 [eggplant \(male of course\)](#), skin on and diced
- 1 c onion, diced
- 10 garlic cloves, roughly chopped
- 1 T olive oil, brushed or sprayed on
- sea salt
- red pepper flakes, used liberally

Roughly chopping the garlic keeps it from burning as it's baked.

Spread the garlic, eggplant and onions on a baking pan, covered in parchment. Spray or brush on the oil. Sprinkle on the sea salt and the red pepper flakes. Mix everything.

Bake at 400 degrees for about 40 minutes, tossing a few times for even cooking. Serve garnished with roasted red pepper and cilantro or whatever looks good on the plate.

Can also be served in individual ramekins. So low-cal, you can eat two!