

# Eggplant

Good source of fiber with skin on



## Roasted Eggplant

3 medium eggplants (about 3 lbs. total)  
3 T. extra-virgin olive oil

Salt and pepper to taste

Preheat oven to 475°F. Cut eggplants into 1" pieces; divide between two rimmed baking sheets. Drizzle with olive and season with coarse salt and pepper; toss to coat and arrange in a single layer. Roast until gold and tender, 25-30 minutes; stirring once. Let cool on sheets. Makes 4 servings.

## Steamed Eggplant and Mushrooms with Peanut Sauce

6 Japanese eggplants (about 2 lbs.), sliced into 1" rounds

2 T. soy sauce

1 lb. Shiitake mushrooms, stemmed and halved

2 T. finely grated peeled ginger

3 T. smooth peanut butter

1-2 T. brown sugar

3 T. rice vinegar

1 tsp. coarse salt

4 green onions, thinly sliced lengthwise

Set a steam basket in 2 inches simmering water. Add eggplants and mushrooms. Cover and steam until tender (8-10 minutes). Place peanut butter in large bowl. Whisk in rice vinegar, soy sauce, ginger, brown sugar and salt until smooth. Transfer vegetables to a bowl. Add green onions and toss. Serve over rice or riced cauliflower. Makes 4 servings.

## Grilled Eggplant Stacks

1 large eggplant, cut crosswise into ½-inch-thick slices

¼ cup torn basil

5 T. basil-infused olive oil or extra virgin olive oil

2 T. lemon juice

½ tsp. salt

½ tsp. ground black pepper

1 clove garlic, minced

1 cup peas, cooked

½ cup bottled roasted red sweet peppers, cut into bite-size strips

2 ounces feta cheese, crumbled

¼ cup fresh basil leaves

Brush eggplant slices with 2 tablespoons of the oil. Sprinkle with salt and pepper. For charcoal grill, grill eggplant slices on the rack of an uncovered grill directly over medium-high coals for 8-10 minutes or until very tender and lightly charred, turning frequently. (For gas grill, preheat grill. Reduce heat to medium-high. Place eggplant slices on grill rack directly over heat. Cover and grill as above.) In a food processor or blender combine peas, feta cheese, basil, lemon juice, 2 tablespoons oil and garlic. Cover and process or blend just until combined but still slightly chunky. Season with additional salt and pepper. Arrange eggplant slices on serving plates. Top with pea mixture and roasted pepper strips. Drizzle with remaining 1 tablespoon oil. For basil chiffonade, stack several basil leaves together, roll up and cut across the roll; sprinkle over eggplant stacks. Makes 5 side-dish servings.

## Eggplant Lasagna

½ lb. plum tomatoes, halved and seeded  
1 clove garlic  
4 T. olive oil  
Kosher salt and black pepper  
2 eggplants (about 3 lbs.), sliced lengthwise ¼" thick

1 cup ricotta  
1 large egg  
½ cup fresh basil, chopped  
¼ cup grated Parmesan (1 ounce)

Heat broiler. In a food processor, puree the tomatoes, garlic, 1 T. oil, and ¼ tsp. each salt and pepper. In 2 batches, arrange the eggplant slices on a broilerproof baking sheet, brush with 2 T. oil, and season with ½ tsp. salt and ¼ tsp. pepper. Broil until charred and tender, 3-4 minutes per side. In a small bowl, combine the ricotta, egg, basil, and ¼ tsp. each salt and pepper. Spread half the tomato sauce in the bottom of an 8" square baking dish. On top of it, layer a third of the eggplant slices and half the ricotta mixture. Repeat with another layer of eggplant and ricotta. Top with the remaining eggplant and tomato sauce. Sprinkle with the Parmesan. Reduce oven to 400° F. Bake the lasagna until bubbling, 15 to 20 minutes. Let rest for 10 minutes before serving. Makes 4 servings.

## Curried Eggplant with Tomatoes

1 cup white basmati rice  
Kosher salt and black pepper  
1 T. olive oil  
1 onion, chopped  
2 pts. cherry tomatoes, halved

1 eggplant (about 1 lb.), cut into ½" pieces  
1½ tsp. curry powder  
1 (15.5-oz.) can chickpeas, rinsed  
½ cup fresh basil  
¼ cup plain low-fat Greek yogurt, optional

In a medium saucepan with a tight-fitting lid, combine the rice, 1½ cups water, and ½ tsp. salt and bring to a boil. Stir the rice once, cover, and reduce heat to low. Simmer for 18 minutes. Remove from heat and let stand, covered, for 5 minutes. Meanwhile, heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4-6 minutes. Stir in the tomatoes, eggplant, curry powder, 1 tsp. salt, and ¼ tsp. pepper. Cook, stirring, until fragrant, about 2 minutes. Add 2 cups water and bring to a boil. Reduce heat and simmer, partially covered, until eggplant is tender, 12-15 minutes. Stir in the chickpeas and cook just until heated through, about 3 minutes. Remove the vegetables from heat and stir in the basil. Fluff the rice with a fork. Serve the vegetables over the rice with yogurt, if using. Makes 4 servings.

## Ratatouille

2 T. olive oil  
3 cloves garlic, minced  
2 tsp. dried parsley  
1 eggplant, cut into ½" cubes  
Salt to taste  
1 cup grated Parmesan cheese

2 zucchini, sliced  
1 large onion, sliced into rings  
2 cups sliced fresh mushrooms  
1 green bell pepper, sliced  
2 large tomatoes, chopped

Preheat oven to 350°F. Coat bottom and sides of a 1½ quart casserole dish with 1 T. olive oil. Heat remaining 1 T. olive oil in a medium skillet over medium heat. Cook and stir garlic until lightly browned. Mix in parsley and eggplant. Cook and stir until eggplant is soft, about 10 minutes. Season with salt to taste. Spread eggplant mixture evenly across bottom of prepared casserole dish. Sprinkle with a few tablespoons of Parmesan cheese. Spread zucchini in an even layer over top. Lightly salt and sprinkle with a little more cheese. Continue layering in this fashion, with onion, mushrooms, bell pepper, and tomatoes, covering each layer with a sprinkling of salt and cheese. Bake in preheated oven for 45 minutes. Makes 4 servings.