

# The Eggplant Cookbook

220 Recipes

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# Awesome Eggplant Rollatine

## Ingredients

4 eggs, lightly beaten  
2 tablespoons garlic powder, divided  
2 cups grated Parmesan cheese, divided  
1 tablespoon Italian seasoning  
salt and pepper to taste  
1 cup all-purpose flour  
1 cup vegetable oil for frying  
2 large eggplant, peeled and sliced  
1 (15 ounce) container ricotta cheese  
1 cup shredded mozzarella cheese, divided  
1 tablespoon dried parsley  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 (28 ounce) jar tomato pasta sauce, divided

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a shallow mixing bowl combine 3 eggs, 1 tablespoon garlic powder, 1 cup Parmesan cheese, Italian seasoning, salt and pepper. In a separate, shallow dish or plate, pour the flour.

Heat oil in a large, deep skillet. Dredge eggplant slices in flour, then in egg mixture and fry slices 2 or 3 at a time in hot oil. Place fried slices on a paper towel lined plate to drain.

In a large bowl combine ricotta, 1/2 cup mozzarella, remaining 1 cup Parmesan, remaining 1 tablespoon garlic powder, 1 egg, parsley and spinach; mix well.

Spread about 1/3 of the pasta sauce in the bottom of a 9x13 inch baking dish. Place about 2 tablespoons of spinach mixture in the center of each eggplant slice and roll securely; place in prepared pan. Pour remaining pasta sauce over eggplant rolls and top with remaining 1/2 cup mozzarella cheese.

Bake in preheated oven for 30 minutes.

# Vegetable-Stuffed Portobello Mushrooms

## Ingredients

1 cup balsamic vinegar  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
4 large portobello mushrooms,  
wiped clean and stems removed  
2 tablespoons olive oil  
1 small eggplant, peeled and  
diced  
1 cup frozen spinach  
1/2 cup shredded mozzarella  
cheese  
2 plum tomatoes, diced  
1 (6 ounce) jar artichoke hearts in  
brine, drained and chopped  
1/4 cup grated Parmesan cheese

## Directions

Stir the balsamic vinegar, garlic powder, and onion powder together in a small bowl until blended. Place the mushrooms into a large resealable plastic bag. Pour in the balsamic vinegar mixture, seal bag, and turn gently to coat mushrooms evenly with marinade. Place in refrigerator for 1 hour.

Place the olive oil into a skillet, and heat over medium-high heat. Stir in the eggplant and spinach; cook and stir until eggplant turns golden brown, about 5 minutes.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease 9x13 inch baking dish.

Remove mushrooms from marinade, shake off any excess, and discard marinade. Place mushrooms in prepared dish, top side down. Spoon the eggplant and spinach mixture evenly over the mushrooms. Sprinkle with mozzarella cheese. Divide the tomatoes and artichoke hearts evenly between the mushrooms. Top each mushroom with Parmesan cheese.

Place in preheated oven, and bake until the cheese melts, about 12 minutes. Serve hot.

# Eggplant with Garlic Sauce

## Ingredients

3 tablespoons canola oil  
4 Chinese eggplants, halved  
lengthwise and cut into 1 inch half  
moons  
1 cup water  
1 tablespoon crushed red pepper  
flakes  
3 tablespoons garlic powder  
5 teaspoons white sugar  
1 teaspoon cornstarch  
2 tablespoons light soy sauce  
2 tablespoons oyster sauce

## Directions

Heat the canola oil in a skillet over high heat. Cook and stir the eggplant until soft, about 4 minutes. Stir in the water, red pepper flakes, and garlic powder. Cover and simmer until all the water is absorbed. Meanwhile, mix sugar, cornstarch, soy sauce, and oyster sauce in a bowl until sugar and cornstarch have dissolved. Stir sauce into the eggplant, making sure to evenly coat the eggplant. Cook until the sauce has thickened.

# Filipino Oxtail Stew

## Ingredients

1 1/2 pounds beef oxtail, cut into pieces  
1 large onion, quartered  
2 cloves garlic, chopped  
1 teaspoon salt  
1/2 teaspoon ground black pepper, or to taste  
1 large eggplant, cut into 2-inch chunks  
1/2 head bok choy, cut into 1-inch pieces  
1/2 pound fresh green beans, trimmed and snapped into 2-inch pieces  
1/4 cup peanut butter, or as needed to thicken sauce

## Directions

Fill a large saucepan with water, and drop in the oxtail pieces, onion, garlic, salt, and pepper. Bring to a boil, and simmer for 2 hours over medium-low heat, skimming the foam occasionally, until the oxtail meat is very tender and the broth is reduced to 3 cups.

Stir in the eggplant, bok choy, and green beans, and simmer for about 20 minutes, until the vegetables are tender.

Just before serving, place the peanut butter in a small bowl and thin with 1 or 2 tablespoons of broth. Stir until smooth and add to the stew.

# Italian Fried Eggplant Balls

## Ingredients

4 medium eggplants, peeled and quartered  
2 tablespoons all-purpose flour  
1 egg  
1/2 teaspoon ground white pepper  
1 pepperoncini pepper, chopped  
1 cup vegetable oil  
salt to taste

## Directions

Place eggplant in a pot of salted water, bring pot to a boil. Let eggplant cook until tender; drain well.

In an electric food processor, combine eggplant, flour, egg, white pepper, and pepperoncini. Blend until a smooth paste is formed.

In a heavy pot or deep fryer, heat vegetable oil to 375 degrees F (190 degrees C). Drop eggplant paste into the oil one spoonful at a time. Fry until the eggplant balls are golden. Salt to taste and drain on paper towels before serving.

# Nasu Dengaku

## Ingredients

- 4 Japanese eggplants, cut in half lengthwise and stems removed
- 1 tablespoon apple juice
- 1 tablespoon cranberry juice
- 2 tablespoons rice vinegar
- 1/4 cup white miso paste
- 3 tablespoons agave nectar
- 1 teaspoon sesame oil
- 2 teaspoons sesame seeds
- 1 green onion, sliced

## Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Warm the apple juice, cranberry juice, and vinegar in a small saucepan over medium heat. Stir in miso paste and agave nectar until smooth. Reduce heat to low to keep warm, stirring occasionally. Brush the cut side of the eggplants with sesame oil. Place the eggplants cut side down in a shallow baking pan.

Broil in the preheated oven for 3 minutes, checking occasionally to ensure they do not burn. Turn eggplants over and broil until they become golden brown and tender, about 3 minutes. Spoon miso sauce onto each eggplant and continue broiling until miso becomes bubbly, about 1 minute. Garnish with sesame seeds and green onion. Serve hot.

# Eggplant Pepper Relish

## Ingredients

3 medium sweet red peppers, cut in half lengthwise  
3 medium sweet yellow peppers, cut in half lengthwise  
1 medium eggplant, halved lengthwise  
2 tablespoons olive oil  
1 garlic clove, minced  
1/4 cup minced fresh parsley  
1 tablespoon minced fresh oregano  
3/4 teaspoon salt  
1/4 teaspoon pepper

## Directions

Place peppers skin side up on a broiler pan. Broil for 10-15 minutes or until tender and skin is blistered. Place in a bowl; cover and let stand for 15-20 minutes. Peel off and discard charred skin.

Broil eggplant skin side up for 5-7 minutes or until tender and skin is blistered. Place in a bowl, cover and let stand for 15-20 minutes. Peel off and discard charred skin. Cut peppers into strips and eggplant into cubes.

In a large bowl, combine the oil and garlic. Add peppers, eggplant, parsley, oregano, salt and pepper. Toss to coat. Serve at room temperature.

# Eggplant Parmesan I

## Ingredients

1 eggplant, cut into 3/4 inch slices  
1 1/2 tablespoons salt  
8 tablespoons olive oil  
8 ounces ricotta cheese  
6 ounces shredded mozzarella cheese  
1/2 cup grated Parmesan cheese  
1 egg, beaten  
1/2 cup chopped fresh basil  
4 cups pasta sauce

## Directions

Sprinkle both sides of the eggplant slices with salt. Place slices in a colander, and place a dish underneath the colander to capture liquid that will sweat out of the eggplant. Allow to sit for 30 minutes.

Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, mix the ricotta, mozzarella cheese and 1/4 cup Parmesan cheese. Mix in egg and basil.

Rinse the eggplant in cold water until all salt is removed. In a large skillet, heat 4 tablespoons olive oil over medium heat. Place one layer of eggplant in the pan, brown each side. Repeat with remaining eggplant slices, using additional oil if necessary.

In a 9x13 inch baking dish, evenly spread 1 1/2 cups of spaghetti sauce. Arrange a single layer of eggplant slices on top of the sauce. Top the eggplant with 1/2 of the cheese mixture. Repeat layering process until all the eggplant and cheese mixture is used. Pour remaining sauce on top of layers, and sprinkle with remaining Parmesan cheese.

Bake 30 to 45 minutes in the preheated oven, until sauce is bubbly.



# Russian Eggplant

## Ingredients

1 large eggplant, peeled and sliced into 1/3 inch rounds  
1 tablespoon fresh lemon juice  
1 cup water  
3 large tomatoes, thinly sliced  
2 onions, thinly sliced  
2 tablespoons all-purpose flour  
1 1/4 cups sour cream  
1 clove garlic, minced  
1 1/2 teaspoons salt  
1/4 teaspoon black pepper  
paprika to taste

## Directions

In a medium bowl, combine the lemon juice and water. Place the eggplant slices into the lemon water to soak while you bring a saucepan of lightly salted water to a boil. Drain and rinse the eggplant slices, then place them into the boiling water. Cook for 8 minutes, or until barely tender. Drain.

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish. Layer the eggplant slices, tomatoes and onion in the dish, sprinkling each layer with a little flour as you go. In a medium bowl, stir together the sour cream, garlic, salt and pepper. Spread this over the top of the casserole. Sprinkle generously with paprika.

Bake for 45 minutes in the preheated oven, until the top is nicely browned and there is a bubbly sauce.

# Vegetarian Shepherd's Pie

## Ingredients

2 tablespoons extra virgin olive oil, divided  
1 large yellow onion, roughly chopped  
4 cloves garlic, crushed  
2 tablespoons curry powder  
2 teaspoons ground cumin  
2 small red or green bell peppers, chopped  
3 cups cubed eggplant, with peel  
1 (15 ounce) can diced tomatoes  
1/2 cup water  
1 1/4 pounds small red potatoes, halved  
1/2 cup fat-free half and half (or milk)  
1 cup frozen or fresh peas  
1/2 cup grated Parmesan cheese  
1 pinch Salt and freshly ground black pepper to taste

## Directions

Preheat oven to 400 degrees. In a large skillet over medium heat, heat 1 Tb. oil; add onions, garlic, curry and cumin. Saute until onions are soft, about 5 minutes. Remove to a bowl.

Heat remaining oil in skillet; add peppers, eggplant, tomatoes and 1/2 cup water. Saute until soft, about 20 minutes. Stir in onions. Place in a shallow 8-by-8- inch baking dish.

In a saucepan, boil potatoes until done. Drain and smash. Stir in half and half, peas, salt and pepper. Spread over vegetables and top with Parmesan.

Bake 15 minutes. Brown in broiler. Serve.

# Mediterranean Wrap

## Ingredients

1 red onion, sliced  
1 zucchini, sliced  
1 eggplant, sliced  
1/4 pound fresh mushrooms,  
sliced  
1 red bell pepper, sliced  
1 tablespoon olive oil  
salt and ground black pepper to  
taste  
4 whole grain tortillas  
1/4 cup goat cheese  
1/4 cup basil pesto  
1 large avocado, sliced

## Directions

Place the onion, zucchini, eggplant, mushrooms, and bell pepper into a large container with a tight fitting lid. Drizzle the olive oil over the vegetables and season with salt and pepper. Close the lid and shake to coat.

Heat a grill pan or skillet over medium heat. Place the seasoned vegetables on the preheated pan, stir and cook until tender, about 10 minutes.

Spread each tortilla with 1 tablespoon goat cheese and 1 tablespoon pesto. Divide the sliced avocado among the tortillas and top with the mixed veggies. Fold in the bottom of each tortilla and roll each up into a snug wrap.

# Cheesy Baked Eggplant

## Ingredients

1 eggplant, sliced into 1/2 inch rounds  
2 tablespoons olive oil, or as needed  
1 tablespoon garlic powder, or to taste  
2 tablespoons olive oil  
1 small onion, chopped  
3 cloves garlic, chopped  
2 small tomatoes, chopped  
1 (10 ounce) package fresh spinach leaves  
1/2 cup ricotta cheese  
3/4 cup shredded mozzarella cheese, divided  
3/4 cup grated Parmesan cheese, divided  
3/4 cup tomato pasta sauce  
2 teaspoons Italian seasoning

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Brush eggplant slices with olive oil on both sides, and place them on a baking sheet. Sprinkle garlic powder over the top. Bake for 10 minutes.

Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the onion, garlic, tomatoes and spinach. Cook and stir for a few minutes until fragrant, and the tomatoes have released their juices. In a medium bowl, mix together 1/2 cup of ricotta cheese, 1/2 cup of mozzarella cheese, and 1/2 cup of Parmesan cheese. Set aside.

Place the eggplant slices in a greased 9x13 inch baking dish. Top with the spinach mixture. Spoon the cheese mixture over the spinach, and spread into a thin layer. Pour the spaghetti sauce over the cheese layer. Sprinkle the remaining mozzarella and Parmesan cheese over the top. Sprinkle with Italian seasoning.

Bake for 30 minutes in the preheated oven, or until heated through and the eggplant is easily pierced with a fork.

# Eggplant Tomato Bake

## Ingredients

1 eggplant, sliced into 1/2 inch rounds  
1 tomato, sliced  
1/4 cup grated fat-free Parmesan cheese

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Spray a cookie sheet with non-stick oil spray. Arrange eggplant rounds on the cookie sheet and sprinkle Parmesan over the eggplant. Layer one slice of tomato on top of each eggplant round. Sprinkle with Parmesan cheese.

Bake for 10 to 15 minutes.

# Exotic Brinjal (Spicy Eggplant)

## Ingredients

2 tablespoons vegetable oil  
1 (1 1/4 pound) eggplant, cut into 1-inch cubes  
6 tablespoons vegetable oil  
1/2 teaspoon cumin seeds  
1/2 teaspoon fenugreek seeds, crushed  
1/2 teaspoon kalonji (onion seed)  
1/2 teaspoon sesame seeds  
1 (1/2 inch) piece fresh ginger root, chopped  
5 cloves garlic, chopped  
2 onions, peeled and finely chopped  
1 green chile pepper, seeded and chopped  
1/4 cup tomato puree  
1/2 teaspoon chili powder  
1/2 teaspoon ground coriander  
1/2 teaspoon ground turmeric  
3/4 teaspoon salt  
1/2 cup coconut milk  
1 tablespoon cilantro leaves

## Directions

Heat the 2 tablespoons oil over medium-high heat in a large skillet, and fry eggplant pieces until golden, about 5 minutes. Remove the eggplant from the skillet and set aside; wipe out the skillet with a paper towel.

Heat the 6 tablespoons oil in the same skillet over medium heat. Stir in the cumin, fenugreek, kalonji, and sesame seeds, and cook until the cumin turns golden, about 2 minutes. Reduce the heat; stir in the ginger and garlic, and cook for a few seconds. Stir in the onions and green chile pepper, and continue to cook and stir until the onion is golden, about 10 minutes.

Stir the tomato puree, chili powder, coriander, turmeric, and salt into the onions. Cook and stir over medium heat for 2 minutes, or until the oil separates. Stir in the cooked eggplant; cover and simmer until eggplant is tender, about 5 minutes. Pour in the coconut milk; stir until blended and heated through. Sprinkle with cilantro leaves.

# Tempeh Kabobs with Moroccan Couscous

## Ingredients

1 (8 ounce) package tempeh, cut into 1/2 inch squares  
16 fresh white mushrooms  
1 medium eggplant, cut into 1 inch cubes  
1 large red bell pepper, cut into 1 inch pieces  
16 cherry tomatoes  
8 tablespoons olive oil  
4 tablespoons soy sauce  
4 tablespoons teriyaki sauce  
3 tablespoons honey  
1 tablespoon grated fresh ginger root  
1 tablespoon chopped fresh garlic  
salt and pepper to taste  
2 cups vegetable broth  
1 tablespoon grated fresh ginger root  
1 teaspoon ground cumin  
salt to taste  
1 cup dry couscous  
3/4 cup raisins  
3/4 cup drained canned chick-peas (garbanzo beans)  
1 lemon

## Directions

Place tempeh, mushrooms, eggplant, red bell pepper, and cherry tomatoes in a large resealable plastic bag. In a mixing bowl, whisk together olive oil, soy sauce, teriyaki sauce, and honey; season with 1 tablespoon ginger, 1 tablespoon garlic, and salt and pepper to taste. Pour mixture over tempeh and veggies, seal, and shake to coat. Refrigerate for 2 hours.

Preheat grill for medium-high heat. Thread tempeh and veggies on skewers. Reserve remaining marinade.

Grill skewers, turning often to make sure everything is cooked evenly. These can also be done in the broiler.

While grilling kabobs, combine vegetable stock, 1 tablespoon grated ginger, cumin, and salt. Bring to a light boil. Stir in couscous, raisins, and garbanzo beans; cover, and remove from heat. Let sit for five minutes, or until fluffy. Just before serving, squeeze lemon over couscous and stir. Serve kabobs with reserved marinade.

# Rob's Lamb Curry Pie

## Ingredients

### Filling:

- 3 tablespoons olive oil
- 3 cloves garlic
- 1 (3/4 inch thick) slice fresh ginger root, coarsely chopped
- 1 tablespoon red curry paste
- 1/2 cup fresh cilantro leaves
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground cinnamon
- 3 red onions, chopped
- 1 eggplant, chopped
- 3/4 cup chopped celery
- 1 large red bell pepper, chopped
- 3 cups diced leftover roast lamb

### Sauce:

- 1 1/2 cups milk
- 3 tablespoons butter
- 1/2 cup sweet white wine
- 3 tablespoons all-purpose flour
- salt to taste

### Crust:

- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1 tablespoon curry powder
- 6 tablespoons shortening
- 3 tablespoons cold water, or as needed

## Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease a large pie plate or baking dish.

Place olive oil, garlic, ginger, curry paste, cilantro, cumin, turmeric, cayenne pepper, and cinnamon into the work bowl of a food processor, and process into a paste. Place the curry paste into a large mixing bowl, and stir with red onions, eggplant, celery, and red bell pepper to coat all the vegetables with curry mixture. Turn the vegetables into a large skillet over medium heat, and cook and stir until the vegetables are tender, about 7 minutes. Stir in the cooked lamb, and cook and stir until the lamb is hot and coated with spice mixture, 2 to 3 more minutes. Turn off the heat under the skillet.

Heat milk, butter, and wine in a saucepan over medium heat until the mixture is hot but not boiling, and the butter is melted. Whisk 3 tablespoons of flour into the hot milk mixture, and cook, whisking constantly, until the sauce has thickened. Turn the heat under the skillet of lamb and vegetables to medium, and cook and stir until hot, about 2 minutes; pour the sauce into the lamb and vegetables, and stir to combine. Season to taste with salt, and pour the hot filling into the prepared pie plate.

To make crust, mix together 1 cup flour, 1/2 teaspoon of salt, and curry powder in a bowl until thoroughly combined. Cut in the shortening with a pastry cutter until the mixture resembles coarse crumbs. Sprinkle with water, and stir gently until the dough just comes together. Form into a rough ball, place on a floured work surface, and roll out into a crust to fit the pie dish. Lay the crust over the dish and lamb filling, crimp it to the dish with a fork, and cut several slits in the top of the crust.

Bake in the preheated oven until the crust is golden brown and the filling is hot, about 35 minutes. Let cool 7 to 10 minutes before serving.



# Stuffed Guinea Squash (Eggplant)

## Ingredients

1 large eggplant  
6 tablespoons butter  
1/2 pound sliced fresh mushrooms  
1/2 cup minced onion  
1 cup seasoned bread crumbs  
2 cups shredded Cheddar cheese, divided

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Cut eggplant in half lengthwise. Carefully scoop out and chop flesh, leaving skin intact. Place in a shallow baking dish, and set aside.

Heat butter in a large skillet over medium high heat. Cook and stir eggplant, mushrooms, and onion until tender, 7 to 10 minutes. Stir in bread crumbs and 1 cup of Cheddar cheese. Fill eggplant shells with stuffing, and sprinkle with remaining cup of Cheddar cheese.

Bake in the preheated oven for 15 to 20 minutes, or until warmed throughout and melted on top.

# Hot and Sour Chinese Eggplant

## Ingredients

2 long Chinese eggplants, cubed  
1 1/2 tablespoons soy sauce  
1 tablespoon red wine vinegar  
1 tablespoon white sugar  
1 green chile pepper, chopped  
1 teaspoon cornstarch  
1/2 teaspoon chili oil, or to taste  
2 teaspoons salt  
2 tablespoons vegetable oil

## Directions

Place the eggplant cubes into a large bowl, and sprinkle with salt. Fill with enough water to cover, and let stand for 30 minutes. Rinse well, and drain on paper towels.

In a small bowl, stir together the soy sauce, red wine vinegar, sugar, chile pepper, cornstarch and chili oil. Set the sauce aside.

Heat the vegetable oil in a large skillet or wok over medium-high heat. Fry the eggplant until it is tender and begins to brown, 5 to 10 minutes. Pour in the sauce, and cook and stir until the sauce is thick and the eggplant is evenly coated. Serve immediately.

# Mimi's Eggplant Casserole

## Ingredients

1 large eggplant, peeled, cubed and boiled until soft  
1/2 cup butter  
2 eggs, beaten  
1 1/2 cups shredded reduced-fat Cheddar cheese  
1 (10.75 ounce) can condensed cream of mushroom soup  
1/4 teaspoon dried sage  
1/4 teaspoon dried thyme  
1/4 teaspoon dried oregano  
salt and pepper to taste  
2 cups crumbled cornbread

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Mash the eggplant in water; drain off excess water.

Thoroughly mix eggplant, butter, eggs, cheese and soup. Season with sage, thyme, oregano, salt and pepper.

Pour mixture into a medium casserole dish, crumble cornbread onto the top of the casserole, and bake 45 minutes in the preheated oven.

# Brinjal With Walnut Dressing

## Ingredients

3/4 cup walnuts  
1 eggplant  
2 cups vegetable oil for frying  
2 cups plain yogurt  
1 minced hot green chile peppers  
2 tablespoons chopped fresh cilantro  
salt to taste  
1/4 teaspoon ground cayenne pepper

## Directions

Preheat oven to 350 degrees F (175 degrees C). Place walnuts on a baking sheet. Bake for 5 to 7 minutes, or until the smell of the nuts fills the kitchen.

Cut eggplant into 1/2 inch thick rings, and soak in salted water for 15 minutes.

Heat oil in a heavy pan or deep fryer to 365 degrees F (170 degrees C). Slide eggplant into hot oil, and deep fry until golden brown. Fry in batches to maintain oil temperature. Remove from oil, drain, and cool.

In a medium bowl, mix together yogurt, green chile peppers, 1 tablespoon cilantro, and walnuts. Season to taste with salt. Chill for 30 minutes in the refrigerator.

Place eggplant rings in a serving dish, and spoon dressing evenly over top. Garnish with red pepper and remaining 1 tablespoon cilantro.

# Aunt Mary's Eggplant Balls

## Ingredients

3 tablespoons olive oil  
3 cloves garlic, minced  
4 cups cubed eggplant, with peel  
1 tablespoon water  
1/2 cup grated Parmesan cheese  
1 cup chopped fresh parsley  
2 eggs, beaten  
3/4 cup dried bread crumbs

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.

Heat a medium skillet over medium heat. Pour in olive oil and saute garlic just until lightly browned. Mix in eggplant and water. Reduce heat to low and cover skillet. Allow eggplant to steam until soft, about 20 minutes. Place eggplant in a large bowl and allow to cool slightly.

Mix cheese, parsley, eggs, and bread crumbs into eggplant. Stir with a wooden spoon or your hands until ingredients are thoroughly combined and mixture can be rolled into balls. Add more bread crumbs as needed to make mixture workable. Refrigerate mixture for 15 minutes, then roll into balls or form into patties.

Place eggplant balls on prepared baking sheet. Bake in preheated oven for 30 minutes. Serve immediately.

# Bull Riders All Beef Chili

## Ingredients

- 1 tablespoon olive oil
- 1 1/2 pounds cubed beef stew meat
- 1 large eggplant, diced
- 5 tablespoons mild chili powder
- 1/4 cup dried oregano
- 1 teaspoon paprika
- 1 teaspoon ground black pepper
- 2 cups water
- 3 cubes beef bouillon
- 1 (6 ounce) can tomato paste
- 3 tablespoons all-purpose flour
- 1 teaspoon sea salt

## Directions

Heat a large cast-iron skillet over medium-high heat until it begins to smoke slightly. Pour in the olive oil, and tip the pan to coat. Add beef cubes; cook and stir to brown on all sides. When the meat is pretty much browned, season with chili powder, oregano, paprika and pepper. Stir the beef to coat with all of the spices, and continue browning until spices become fragrant. Scrape all of the beef out of the pan, and into a 3 1/2 quart slow cooker.

Pour the water into the skillet, and watch out! It will sizzle. Stir in the beef bouillon, and scrape all of the bits of beef and spice off of the bottom of the pan. When the bouillon is dissolved, and the bottom of the pan is clear, pour the liquid into the slow cooker. Mix the eggplant and tomato paste into the chili. Adjust the amount of liquid in the slow cooker if necessary by adding water until it is within 1/2 inch of the top.

Cover, and cook on Low for 6 to 8 hours, or on High for 3 to 4 hours. Low heat is preferred if you have the time. Twenty minutes before serving, sift in the flour, and stir in along with the salt. Allow to cook until thickened. Serve with your favorite chili toppings.

# Rigatoni With Eggplant, Peppers, and Tomatoes

## Ingredients

2 tablespoons olive oil  
2 eggplants, diced with skin  
1 red bell pepper, sliced  
2 cloves garlic, minced  
salt and black pepper to taste

1 tablespoon olive oil  
6 tomatoes - peeled, seeded, and chopped  
1 sprig fresh thyme, chopped

1 pound rigatoni pasta  
12 basil leaves, chopped  
12 black olives, sliced

## Directions

Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Cook the diced eggplant in the hot oil, stirring frequently, until lightly browned, about 10 minutes. Stir in the red pepper and garlic; season with salt and pepper. Reduce heat to medium-low, cover, and cook until the vegetables are tender, about 20 minutes.

Meanwhile, heat 1 tablespoon of olive oil in a saucepan over medium-high heat. Stir in the chopped tomatoes, and bring to a simmer; season with fresh thyme, salt, and pepper. Reduce heat to medium-low and simmer until the tomatoes have reduced slightly, about 15 minutes.

bring a large pot of lightly-salted water to a boil; stir in the rigatoni and cook uncovered, stirring occasionally, until tender but still firm to the bite, about 13 minutes. Drain and return to the pot.

Stir the eggplant mixture into the pasta along with the basil and olives. Spoon the tomato sauce overtop to serve.

# Baba Ghanoush

## Ingredients

1 eggplant  
1/4 cup lemon juice  
1/4 cup tahini  
2 tablespoons sesame seeds  
2 cloves garlic, minced  
salt and pepper to taste  
1 1/2 tablespoons olive oil

## Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.

Place eggplant on baking sheet, and make holes in the skin with a fork. Roast it for 30 to 40 minutes, turning occasionally, or until soft. Remove from oven, and place into a large bowl of cold water. Remove from water, and peel skin off.

Place eggplant, lemon juice, tahini, sesame seeds, and garlic in an electric blender, and puree. Season with salt and pepper to taste. Transfer eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil. Refrigerate for 3 hours before serving.



# Emily's Super Eggplant Sauce

## Ingredients

1/2 cup olive oil  
1 large eggplant, cut into 1/2 inch cubes  
1 large green bell pepper, chopped  
1 large onion, chopped  
2 cloves garlic, minced  
1 (28 ounce) can diced tomatoes  
1 (6 ounce) can tomato paste  
1 tablespoon sugar  
1 cup water  
1 (16 ounce) package uncooked egg noodles

## Directions

Heat olive oil in a large skillet over medium heat. Cook eggplant, bell pepper, onion, and garlic until soft and tender, stirring often.

Meanwhile, bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes, or until al dente; drain, and set aside.

When done, transfer vegetables to a large stock pot. Stir in the diced tomatoes, tomato paste, sugar, and water. Simmer for 15 to 20 minutes, stirring occasionally. Serve hot over egg noodles.

# Smoky Eggplant and Yogurt Salad

## Ingredients

1 medium eggplant, cubed  
1/2 cup water  
1 1/2 cups plain yogurt  
1 bunch green onions, chopped  
1/2 bunch cilantro, finely chopped  
1 teaspoon ground black pepper  
salt to taste  
1/4 teaspoon paprika  
1 tablespoon margarine

## Directions

In a pot over medium heat, add the eggplant and water; cook until tender and the water evaporates. Mash the eggplant so no large chunks remain. Allow to cool completely.

In a large bowl, add the yogurt, mashed eggplant, green onions, cilantro, pepper and salt; mix well.

To smoke the salad, heat one piece charcoal over open flame until gray and reddish in color. Place a small square of aluminum foil in the eggplant salad (make room in the center for the foil). Place the hot charcoal on the piece of foil in the bowl. Add the margarine on top of the charcoal and cover salad bowl immediately. Allow to smoke for 10 minutes; remove charcoal.

Chill the salad in the refrigerator and garnish with fresh chopped cilantro and sprinkle of paprika.

# Manicotti with Eggplant Sauce

## Ingredients

1 small eggplant, peeled and coarsely chopped  
1/2 cup chopped onion  
2 garlic cloves, minced  
1/2 teaspoon dried tarragon  
1/4 teaspoon dried thyme  
1 (14.5 ounce) can no-salt-added diced tomatoes, undrained  
1 (8 ounce) can no-salt-added tomato sauce  
1 (10 ounce) package frozen chopped spinach, thawed and well drained  
1 cup reduced-fat ricotta cheese  
1 cup shredded part-skim mozzarella cheese, divided  
1/2 cup egg substitute  
1/4 cup grated Parmesan cheese  
2 tablespoons minced fresh parsley  
6 manicotti shells, cooked, rinsed and drained

## Directions

In a large skillet coated with nonstick cooking spray, cook and stir the eggplant, onion, garlic, tarragon and thyme until vegetables are tender. Add tomatoes and tomato sauce; bring to a boil. Reduce heat; simmer, uncovered, for 3-4 minutes. Set aside.

In a large bowl, combine the spinach, ricotta, 1/2 cup mozzarella, egg substitute, Parmesan and parsley; mix well. Stuff into manicotti shells. Place in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Spoon eggplant sauce over manicotti; sprinkle with remaining mozzarella. Cover and bake at 350 degrees F for 25-30 minutes or until heated through.

# Italian Eggplant Salad

## Ingredients

6 eggplants  
1 clove garlic, crushed  
3 tablespoons olive oil  
1 tablespoon balsamic vinegar  
2 tablespoons white sugar  
1 teaspoon dried parsley  
1 teaspoon dried oregano  
1/4 teaspoon dried basil  
salt and pepper to taste

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Puncture eggplants with a fork, and place on a baking sheet. Bake for 1 1/2 hours, or until soft, turning occasionally. Cool, then peel and dice.

In a large bowl, stir together the garlic, olive oil, vinegar, sugar, parsley, oregano, basil, salt and pepper. Add the diced eggplant, and stir to coat. Refrigerate for at least 2 hours before serving to marinate.

# Basic Vegetable Stock

## Ingredients

- 1 tablespoon olive oil
- 1 large onion
- 2 stalks celery, including some leaves
- 2 large carrots
- 1 bunch green onions, chopped
- 8 cloves garlic, minced
- 8 sprigs fresh parsley
- 6 sprigs fresh thyme
- 2 bay leaves
- 1 teaspoon salt
- 2 quarts water

## Directions

Chop scrubbed vegetables into 1-inch chunks. Remember, the greater the surface area, the more quickly vegetables will yield their flavor.

Heat oil in a soup pot. Add onion, celery, carrots, scallions, garlic, parsley, thyme, and bay leaves. Cook over high heat for 5 to 10 minutes, stirring frequently.

Add salt and water and bring to a boil. Lower heat and simmer, uncovered, for 30 minutes. Strain. Discard vegetables.

Other ingredients to consider: mushrooms, eggplant, asparagus (butt ends), corn cobs, fennel (stalks and trimmings), bell peppers, pea pods, chard (stems and leaves), celery root parings, marjoram (stems and leaves), basil, potato parings . . . Get the idea?

# Eggplant, Zucchini and Sweet Red Pepper Stew

## Ingredients

1 eggplant, cut into 1 inch cubes  
1/4 cup olive oil  
1 cup chopped onion  
5 cloves garlic, chopped  
1/2 cup Basmati rice  
1 zucchini, cut into large chunks  
1 large red bell pepper, chopped  
3 fresh tomatoes, diced  
1 cup Marsala wine  
1 1/2 cups water  
1/2 teaspoon salt, or to taste  
1/4 teaspoon red pepper flakes  
1/4 cup chopped fresh basil  
1/4 cup chopped fresh parsley  
1 sprig fresh rosemary, chopped

## Directions

Place eggplant in a colander and sprinkle with salt.

Heat olive oil in a Dutch oven or large pot. Rinse eggplant and pat dry. Saute until slightly browned. Stir in onion and saute until transparent. Stir in garlic and saute for 2 to 3 minutes.

Stir in rice, zucchini, red bell pepper, tomatoes, wine, water, salt and red pepper flakes. Cook over medium-high heat until mixture reaches a low boil. Reduce heat and simmer for 45 minutes, or until vegetables are tender.

Remove from heat and stir in basil, parsley and rosemary.

# Eggplant Fillets with Cream Sauce

## Ingredients

2 eggplants, quartered and cut into 1/2 inch strips  
1/2 cup soy sauce  
1 cup coconut cream  
2 cups seasoned tomato sauce  
1 tablespoon miso paste  
1 tablespoon lime juice  
1 1/2 tablespoons vegetable oil  
1 dash sesame oil

## Directions

Peel some, but not all, skin from eggplant. Place eggplant in a shallow dish and cover with soy sauce. Allow to marinate for 1 hour, turning eggplant occasionally.

In a medium saucepan, mix together coconut cream, tomato sauce, miso paste, and lime juice. Place over low heat and allow to simmer, stirring occasionally. When sauce comes to a boil, remove from heat and cover with lid.

Heat vegetable oil and sesame oil in a wok over high heat. Fry eggplant filets a few at a time, until golden brown on both sides. You may need to replenish oil between batches. Serve eggplant over rice or noodles, with sauce spooned over top.

# Eggplants a la Dawlish

## Ingredients

1 large eggplant, cut lengthwise  
into 6 1/4-inch slices  
1/4 cup extra-virgin olive oil  
1/2 teaspoon coriander seed,  
coarsely cracked  
2 teaspoons lemon juice  
1 tablespoon chopped fresh basil  
salt, to taste

## Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Brush both sides of each eggplant slice generously with olive oil; arrange in a single layer in the bottom of a broiler pan. Scatter about half of the cracked coriander seed over the eggplant slices.

Cook under the broiler until browned, 5 to 6 minutes. Flip and season with the remaining coriander seed; cook under the broiler until browned, 3 to 4 minutes.

Whisk the lemon juice, basil, and salt together in a bowl; drizzle over the broiled eggplant slices. Serve warm.



# Eggplant Stuffed with Lamb and Feta

## Ingredients

2 large eggplants, halved lengthwise  
1/4 cup olive oil  
1 pound ground lamb  
1 small onion, chopped  
1/2 green bell pepper, chopped  
3 cloves garlic, minced  
1 teaspoon ground cinnamon  
1/2 teaspoon ground allspice  
1 teaspoon ground black pepper  
1 1/4 cups marinara sauce  
1 (8 ounce) package crumbled feta cheese  
2 eggs, beaten  
1/2 cup dry bread crumbs  
1/2 cup shredded mozzarella cheese

## Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Brush the cut surfaces of the eggplant halves with half of the olive oil. Place cut-side-up onto the baking sheet, and place into the oven. Bake the eggplant for 30 minutes until tender. Once done, remove and allow to cool slightly. Scoop out the flesh, leaving the shells 1/2 inch thick. Remove as many of the seeds as you can, then coarsely chop the flesh, and place into a large mixing bowl.

Meanwhile, heat the remaining olive oil in a skillet over medium-high heat. Add the ground lamb, and cook for a few minutes until it begins to crumble. Stir in the onion, bell pepper, garlic, cinnamon, allspice, and black pepper. Cook until the onion has softened, and the lamb is no longer pink, about 5 minutes. Place the meat mixture into the bowl with the eggplant, and stir in the marinara sauce, feta cheese, eggs, and bread crumbs until well mixed.

Evenly divide the lamb mixture into the eggplant shells, then return the eggplant to the oven. Bake for 10 minutes, then sprinkle with the mozzarella, and reduce the oven temperature to 375 degrees F (190 degrees C). Bake until the filling has set, and the mozzarella has turned golden brown, about 25 minutes more.

# Ratatouille

## Ingredients

2 tablespoons olive oil  
3 cloves garlic, minced  
2 teaspoons dried parsley  
1 eggplant, cut into 1/2 inch 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

## Directions

Preheat oven to 350 degrees F (175 degrees C). Coat bottom and sides of a 1 1/2 quart casserole dish with 1 tablespoon olive oil.

Heat remaining 1 tablespoon olive oil in a medium skillet over medium heat. Saute garlic until lightly browned. Mix in parsley and eggplant. Saute 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.

# Vankaya Pulusu Pachadi (Andhra Sweet and Sour

## Ingredients

- 1 eggplant
- 1 teaspoon vegetable oil
- 2 tablespoons vegetable oil
- 2 dried red chile peppers, broken into pieces
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seed
- 1 pinch asafoetida powder
- 2 large onions, chopped
- 3 green chile peppers, chopped
- 2 sprigs fresh curry leaves
- 1 1/2 cups water
- 1 tablespoon tamarind paste
- 1/4 cup jaggery (palm sugar)
- 1 teaspoon white sugar
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground red pepper
- salt to taste

## Directions

Preheat an oven to 200 degrees F (95 degrees C).

Coat the outside of the eggplant with 1 teaspoon vegetable oil. Place on a baking sheet and bake in the oven until soft, 20 to 30 minutes. Allow to cool before coarsely mashing; set aside.

Heat 2 tablespoons vegetable oil in a large skillet. Fry the dried red chile peppers, cumin seeds, mustard seed, and asafoetida powder in the hot oil until the seeds start to splutter. Add the onions, green chile peppers, and curry leaves; cook and stir until the onions are soft and begin to brown, about 5 minutes. Stir the mashed eggplant, water, tamarind paste, jaggery, white sugar, turmeric, ground red pepper, and salt into the mixture; bring to a boil and cook until the mixture begins to thicken, 5 to 10 minutes.

# Penne with Eggplant

## Ingredients

1 (8 ounce) package penne pasta  
2 tablespoons olive oil  
1 eggplant, halved lengthwise and cut into small pieces  
3 cloves garlic, chopped  
2 tablespoons olive oil, or more if needed  
salt and pepper to taste  
1/4 cup sun-dried tomato spread  
1 cup tomato sauce, or more if needed  
4 leaves chopped fresh basil

## Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink, reserving 1 cup pasta water.

Heat 2 tablespoons olive oil in a large skillet over medium heat. Stir in eggplant and garlic, and drizzle with remaining olive oil to coat; cook and stir until the eggplant is tender and lightly browned, 5 to 7 minutes. Season with salt and pepper. Stir in the sun-dried tomato spread and tomato sauce; cook and stir until heated, through about 5 minutes more. Add penne and toss. Stir in pasta water if the sauce is too thick. Sprinkle with basil before serving.

# Eggplant Parmesan

## Ingredients

2 tablespoons olive or vegetable oil  
1 garlic clove, minced  
1 small eggplant, peeled and cut into 1/4 inch slices  
1 tablespoon minced fresh basil  
1 tablespoon grated Parmesan cheese  
1 medium tomato, thinly sliced  
1/2 cup shredded mozzarella cheese

## Directions

Combine oil and garlic; brush over both sides of eggplant slices. Place on a greased baking sheet. Bake at 425 degrees F for 15 minutes; turn. Bake 5 minutes longer or until golden brown. Cool on a wire rack.

Place half of the eggplant in a greased 1-qt. baking dish. Sprinkle with half of the basil and Parmesan cheese. Arrange tomato slices over top; sprinkle with remaining basil and Parmesan. Layer with half of the mozzarella cheese and the remaining eggplant; top with remaining mozzarella. Cover and bake at 350 degrees F for 20 minutes. Uncover; bake 5 minutes longer or until the cheese is melted.

# Ziti and Eggplant

## Ingredients

2 tablespoons olive oil  
1 eggplant, peeled and cut into 1/2-inch cubes  
1 (28 ounce) can crushed tomatoes  
2 tablespoons minced fresh basil  
ground black pepper to taste  
1 1/4 teaspoons white sugar (optional)  
1 (7 ounce) jar roasted red pepper, drained and cut into strips  
1 (16 ounce) package dry ziti pasta  
  
3 pita bread rounds  
2 tablespoons butter  
1/4 cup grated Parmesan cheese or to taste  
sweet paprika to taste  
salt and pepper to taste

## Directions

Heat the olive oil in a skillet over medium heat, and cook the eggplant about 10 minutes. Stir in the tomatoes, basil, pepper, and sugar. Simmer, stirring occasionally, 45 minutes. Mix the roasted red peppers into the skillet with the eggplant mixture. Continue cooking until eggplant is the consistency of the rest of the sauce.

Bring a large pot of lightly salted water to a boil. Place ziti pasta in the pot, cook 9 to 11 minutes, until al dente, and drain. Serve the eggplant and tomato sauce over the cooked ziti.

Preheat oven to 375 degrees F (190 degrees C). Open pitas and evenly spread insides with butter. Sprinkle with Parmesan cheese and season with paprika, salt and pepper. I like to make a light sprinkling of paprika across each piece. Heat pitas in the preheated oven until golden brown, about 6 minutes. Use to scoop up eggplant sauce, or eat separately.

# Grilled Aubergines with Prosciutto

## Ingredients

1 eggplant, ends trimmed and cut into 1/2-inch-thick slices  
1 red bell pepper, cut into rings and seeds removed  
1 cup spinach leaves, torn into pieces  
1 (1/2 ounce) slice thinly sliced prosciutto di Parma  
1 teaspoon sun-dried tomato paste  
1 tablespoon extra virgin olive oil  
1 tablespoon balsamic vinegar  
1/4 teaspoon dried oregano  
freshly ground rock salt to taste

## Directions

Preheat your oven's broiler to 400 degrees F (200 degrees C).

Arrange slices of eggplant and red bell pepper on a baking sheet. Broil for about 7 minutes, until soft.

Meanwhile, place the spinach onto a serving plate and drizzle with olive oil and balsamic vinegar. Sprinkle with salt. When the vegetables are done, arrange the red peppers over the spinach. Smear a small amount of sun-dried tomato paste onto each slice of eggplant. Top with a slice of prosciutto. Arrange the eggplant slices over the peppers in an overlapping spiral pattern. Serve immediately.

# Chicken Dilly

## Ingredients

1 (4 pound) chicken, cut into pieces  
1 eggplant, sliced into 1/2 inch rounds  
5 tomatoes, sliced  
1 onion, thinly sliced  
2 tablespoons chopped fresh dill weed  
2 tablespoons ground turmeric  
salt to taste

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet, saute chicken until browned. Remove from skillet and set aside. In same skillet, saute eggplant slices until slightly browned.

Place sauteed chicken and eggplant in a lightly greased 9x13 inch baking dish. Top with tomato and onion slices, then sprinkle with dill weed, turmeric and salt to taste.

Bake at 375 degrees F (190 degrees C) for 45 minutes or until chicken is cooked through and juices run clear.



# Eggplant with Tomato Sauce

## Ingredients

1 medium eggplant  
2 tablespoons butter or margarine,  
melted  
salt and pepper to taste  
1 (8 ounce) can tomato sauce  
1/4 teaspoon garlic powder  
1/4 cup grated Parmesan cheese

## Directions

Cut eggplant lengthwise into 1/2-in. thick slices. Place on a broiler pan. Brush with butter; sprinkle with salt and pepper. Broil 4 in. from the heat for 3-4 minutes on each side or until tender. Meanwhile, heat the tomato sauce and garlic powder. Drizzle over eggplant. Sprinkle with Parmesan cheese if desired.

# Chicken Thighs Surprise

## Ingredients

2 tablespoons olive oil  
2 yellow squash, chopped  
1 small eggplant, cut into 1 inch cubes  
1 (10 ounce) package sliced fresh mushrooms  
1 small onion, chopped  
4 cloves garlic, chopped  
2 (10.75 ounce) cans condensed cream of chicken soup with herbs  
1 (14.5 ounce) can chicken broth  
1 teaspoon garlic salt  
1 teaspoon ground black pepper  
8 boneless, skinless chicken thighs  
2 cups shredded Swiss cheese

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat olive oil in a large skillet over medium-high heat. Add the squash, eggplant, mushrooms, onion and garlic. Cook and stir for about 5 minutes, until lightly browned. Transfer to a 9x13 inch baking dish.

In a medium bowl, stir together the condensed soup, chicken broth, garlic salt and pepper. Pour half of this mixture over the vegetables. Place chicken thighs over the top of the vegetables, and sprinkle with Swiss cheese. Pour the rest of the soup over all.

Bake uncovered for 45 minutes in the preheated oven, or until chicken is cooked through and juices run clear.

# Tempeh Ratatouille

## Ingredients

2 new potatoes, chopped  
1 carrot, chopped  
1 onion, chopped  
1 small eggplant, peeled and chopped  
1/2 cup chopped broccoli  
1 zucchini, chopped  
1/2 cup green beans  
1 (8 ounce) package tempeh  
1 (14.5 ounce) can crushed tomatoes  
1 (8 ounce) can garbanzo beans, drained  
2 cloves garlic, chopped  
1/4 cup vegetable broth  
1/2 teaspoon dried rosemary  
1 cup shredded pepperjack cheese

## Directions

Place the potatoes, carrot, and onion in a large saucepan, and add enough water to bring the water level to about 2 inches. Bring to a boil. Cover, reduce heat, and simmer for 5 minutes. Mix in eggplant, broccoli, green beans, and zucchini; simmer for 2 minutes. Mix in tempeh, vegetable broth, crushed tomatoes, and garbanzo beans. Season with rosemary and garlic. Cook for 8 to 10 minutes, or until veggies are tender.

Ladle into bowls, and top with cheese.

# Marinated Barbequed Vegetables

## Ingredients

1 small eggplant, cut into 3/4 inch thick slices  
2 small red bell peppers, seeded and cut into wide strips  
3 zucchinis, sliced  
6 fresh mushrooms, stems removed  
1/4 cup olive oil  
1/4 cup lemon juice  
1/4 cup coarsely chopped fresh basil  
2 cloves garlic, peeled and minced

## Directions

Place eggplant, red bell peppers, zucchinis and fresh mushrooms in a medium bowl.

In a medium bowl, whisk together olive oil, lemon juice, basil and garlic. Pour the mixture over the vegetables, cover and marinate in the refrigerator at least 1 hour.

Preheat an outdoor grill for high heat.

Place vegetables directly on the grill or on skewers. Cook on the prepared grill 2 to 3 minutes per side, brushing frequently with the marinade, or to desired doneness.

# Eggplant Rounds

## Ingredients

1/2 cup cornmeal  
1/2 teaspoon chili powder  
1/4 teaspoon dried oregano  
salt to taste  
1 eggplant, sliced into 1/2 inch rounds  
1 quart vegetable oil for frying

## Directions

In a shallow dish, combine corn meal, chili powder, oregano and salt. Dredge each eggplant slice in this mixture until coated on both the sides. Shake off excess.

Heat a small layer of oil in a large skillet. When the oil is hot arrange a layer of the the eggplant rounds in the oil and fry uncovered for 2 to 3 minutes. Flip the rounds over fry until golden brown. Continue adding oil and frying the rounds until they are all fried. Serve either hot or cold.

# Snappy Eggplant Spaghetti

## Ingredients

- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 tablespoons olive or canola oil
- 3 1/2 cups tomato juice
- 1 small eggplant, peeled and cubed
- 1 medium green pepper, chopped
- 16 large pitted ripe olives, finely chopped
- 1/4 cup minced fresh parsley
- 2 tablespoons minced fresh basil
- 1 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 1 (16 ounce) package spaghetti
- 1 pound red snapper fillets

## Directions

In a large saucepan or Dutch oven, saute onion and garlic in oil until tender. Add tomato juice; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Add the eggplant, green pepper, olives, parsley, basil, salt and red pepper flakes. Cover and simmer for 20 minutes.

Meanwhile, cook spaghetti according to package directions. Add fish to eggplant mixture; cover and simmer 10 minutes longer. Drain spaghetti; top with fish mixture.

# Balsamic Roasted Vegetable Salad

## Ingredients

12 new potatoes, halved  
2 large red onions, each cut into 8 wedges  
2 large yellow bell peppers, seeded and cubed  
4 cloves garlic, peeled  
1 eggplant, thickly sliced (optional)  
1 teaspoon chopped fresh rosemary  
2 teaspoons chopped fresh thyme  
2 tablespoons olive oil  
salt to taste  
1 pint cherry tomatoes, halved  
1/3 cup toasted pine nuts  
1 (10 ounce) bag baby spinach leaves  
2 tablespoons balsamic vinegar

## Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Place potatoes into a microwave safe dish, and place into the microwave. Cook on High until the potatoes are just tender, 3 to 4 minutes. Place the potatoes into a large bowl along with the onion, bell pepper, garlic, and eggplant. Sprinkle with rosemary, thyme, and olive oil. Toss to coat the vegetables with olive oil, then season with salt to taste. Spread vegetables onto prepared baking sheet.

Roast the vegetables in the preheated oven until they begin to brown at the edges, about 35 minutes. Stir in the cherry tomato halves, and continue cooking 15 minutes more.

Toss the roasted vegetables in a large bowl with the pine nuts, spinach, and balsamic vinegar.

# Nat and Darcy's Amazing Eggplant Lasagna

## Ingredients

1 large eggplant  
4 ounces bacon  
2 cups favorite spaghetti sauce  
1/4 cup crumbled feta cheese  
1/4 cup ricotta cheese  
1 1/2 cups shredded mozzarella cheese  
salt and pepper to taste

## Directions

Peel the eggplant and trim the ends. Slice lengthwise into 1/4 inch thick slices to resemble lasagna noodles. Set on a tray and sprinkle with salt. Let stand for 15 minutes to sweat out some of the liquid. Turn slices over and repeat salting and sweating. Brush off excess salt.

Preheat the oven to 350 degrees F (175 degrees C). Place bacon in a skillet over medium-high heat. Cook until evenly browned on both sides. Remove to drain on paper towels.

Spread a thin layer of sauce in the bottom of a 9x7 inch casserole dish. Cover with a layer of eggplant slices. Sprinkle with a little of the shredded mozzarella, then top with another thin layer of sauce, and another layer of eggplant slices. Spread the ricotta cheese only on top of this layer of eggplant, and cover with more eggplant. Spoon on more sauce, then crumble feta cheese and bacon over the sauce, followed by half of the remaining mozzarella cheese. Top with a final layer of eggplant, remaining sauce, and the rest of the shredded cheese.

Bake for 25 minutes in the preheated oven, if cheese does not brown, turn on the broiler for about 5 minutes at the end.



# Vegetarian Four Cheese Lasagna

## Ingredients

2 cups peeled and diced pumpkin  
1 eggplant, sliced into 1/2 inch rounds  
5 tomatoes  
1 pint ricotta cheese  
9 ounces crumbled feta cheese  
2/3 cup pesto  
2 eggs, beaten  
salt and pepper to taste  
1 (15 ounce) can tomato sauce  
fresh pasta sheets  
1 1/3 cups shredded mozzarella cheese  
1 cup grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place pumpkin on a baking sheet and roast in oven until browned and tender, about 30 minutes. Meanwhile, grill eggplant on a charcoal grill or fry in a skillet, turning once, until charred and tender, 10 to 15 minutes. Halve tomatoes and place on baking sheet in oven for last 15 minutes of pumpkin time; cook until tender and wrinkly.

In a medium bowl, stir together ricotta, feta, pesto, eggs, salt and pepper until well mixed. Fold roasted pumpkin into ricotta mixture.

Spoon half of the tomato sauce into a 9x13 baking dish. Lay two pasta sheets over the sauce. Arrange a single layer of eggplant slices over pasta and top with half the ricotta mixture. Cover with two more pasta sheets. Arrange the roasted tomatoes evenly over the sheets and spoon the remaining half the ricotta mixture over the tomatoes. Sprinkle with half the mozzarella. Top with remaining two sheets of pasta. Pour remaining tomato sauce over all and sprinkle with remaining mozzarella and Parmesan.

Bake in preheated oven 30 to 40 minutes, until golden and bubbly.

# Grilled Eggplant Moussaka

## Ingredients

3 large eggplant, sliced into 1/4 inch rounds  
3 large potatoes, thinly sliced  
3 large zucchini, cut lengthwise into 1/4 inch slices  
1/2 cup extra-virgin olive oil

5 tablespoons butter  
7 tablespoons all-purpose flour  
5 cups milk  
1 pinch ground nutmeg  
salt to taste  
1 egg yolk, beaten

1 tablespoon olive oil  
1 1/2 pounds ground beef  
1 onion, chopped  
1 teaspoon oregano  
salt and pepper to taste  
1/2 cup chopped fresh parsley  
5 ripe tomatoes, chopped  
1 cup crumbled feta cheese

## Directions

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Brush eggplant, potatoes, and zucchini lightly with extra-virgin olive oil. Grill vegetables until just tender and golden brown. Layer potatoes into the bottom of a 9x13 inch glass baking dish. Next layer in the eggplant, followed by the zucchini; set aside.

Preheat oven to 375 degrees F (190 degrees C).

Melt butter in a large saucepan over medium heat. Whisk in the flour, and cook until the flour smells slightly toasted, about 5 minutes. Whisk in milk, nutmeg, and salt. Bring to a bare simmer over medium-high heat, then reduce heat to medium-low and simmer 10 minutes. Place the egg yolk into a bowl, and quickly whisk in 1/4 cup of the thickened milk, a tablespoon at a time. Quickly stir the egg yolk mixture into the thickened milk until smooth, then set aside.

Meanwhile, heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Stir in the ground beef and onion, and cook until the beef is crumbly and no longer pink. Drain off any excess grease, then stir in the oregano, parsley, tomatoes, salt, and pepper. Turn heat to medium-low, cover, and simmer for 10 minutes, stirring occasionally.

To assemble, spread the meat mixture over the vegetables, and sprinkle with the feta cheese. Pour the white sauce overtop, and smooth with a spatula.

Bake moussaka in preheated oven until bubbly and golden brown, about 30 minutes.

# Vegetarian Moussaka

## Ingredients

1 eggplant, thinly sliced  
1 tablespoon olive oil  
1 large zucchini, thinly sliced  
2 potatoes, thinly sliced  
1 onion, sliced  
1 clove garlic, chopped  
1 tablespoon white vinegar  
1 (14.5 ounce) can whole peeled tomatoes, chopped  
1/2 (14.5 ounce) can lentils, drained, juice reserved  
1 teaspoon dried oregano  
2 tablespoons chopped fresh parsley  
salt and pepper to taste  
1 cup crumbled feta cheese

1 1/2 tablespoons butter  
2 tablespoons all-purpose flour  
1 1/4 cups milk  
black pepper to taste  
1 pinch ground nutmeg  
1 egg, beaten  
1/4 cup grated Parmesan cheese

## Directions

Sprinkle eggplant slices with salt and set aside for 30 minutes. Rinse and pat dry.

Preheat oven to 375 degrees F (190 degrees C).

Heat oil in a large skillet over medium-high heat. Lightly brown eggplant and zucchini slices on both sides; drain. Adding more oil if necessary, brown potato slices; drain.

Saute onion and garlic until lightly browned. Pour in vinegar and reduce. Stir in tomatoes, lentils, 1/2 the juice from lentils, oregano and parsley. Cover, reduce heat to medium-low, and simmer 15 minutes.

In a 9x13 inch casserole dish layer eggplant, zucchini, potatoes, onions and feta. Pour tomato mixture over vegetables; repeat layering, finishing with a layer of eggplant and zucchini.

Cover and bake in preheated oven for 25 minutes.

Meanwhile, in a small saucepan combine butter, flour and milk. Bring to a slow boil, whisking constantly until thick and smooth. Season with pepper and add nutmeg. Remove from heat, cool for 5 minutes, and stir in beaten egg.

Pour sauce over vegetables and sprinkle with Parmesan cheese. Bake, uncovered, for another 25 to 30 minutes.

# Quick Eggplant Parmesan

## Ingredients

1 egg  
1 tablespoon water  
1 small eggplant, cut into 3/4 inch thick slices  
1 cup dried bread crumbs, seasoned  
1 1/2 cups shredded mozzarella cheese  
1/4 cup spaghetti sauce  
1/4 teaspoon crushed red pepper flakes  
3 tablespoons grated Parmesan cheese

## Directions

In a small bowl beat the egg and water together. Place the bread crumbs in shallow dish. Dip eggplant slices in egg mixture then in crumbs, being sure to coat thoroughly.

Heat oil in a large skillet over medium-high heat until hot. Add eggplant slices and reduce heat to medium. Cook for 3 to 4 minutes per side or until golden brown and tender. Sprinkle mozzarella cheese over eggplant during last minute of cooking to melt.

While eggplant is cooking, combine spaghetti sauce and pepper flakes in a microwave-safe measuring cup. Cover with plastic wrap and cook at high power for 2 minutes or until heated through.

Top eggplant with sauce and Parmesan cheese and serve.

# Eggplant with Almonds

## Ingredients

2 large eggplants, cut into cubes  
salt  
1/4 cup olive oil  
1 large onion, minced  
2 cloves garlic, minced  
1 cup whole almonds, skin removed  
2 cups cherry tomatoes, halved and seeded  
4 mint leaves, sliced  
2 tablespoons white wine  
2 tablespoons white sugar  
1 pinch salt  
1/2 teaspoon chili powder  
1/2 cup chopped fresh parsley

## Directions

Place the eggplant in a colander and sprinkle with salt. Set the colander in the sink to drain off liquid, about 20 minutes. Pat the cubes with paper towel to remove excess salt.

Heat the olive oil in a large skillet over medium-high heat. Cook the onion in the oil until translucent. Add the garlic; cook and stir another 2 minutes. Stir in the eggplant and almonds, cooking and stirring until the eggplant is tender, but not mushy, about 20 minutes.

When the eggplant is cooked through, mix in the tomatoes, mint, white wine, sugar, salt, and chili powder. Cook mixture for 10 minutes, stirring occasionally; remove from heat and garnish with parsley.

# Grande Ravioli Salmone e Vedure

## Ingredients

For the Ravioli:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 green onion, chopped
- 1 eggplant, peeled and cubed
- sea salt and pepper to taste
- 1 1/4 cups sliced fresh mushrooms
- 1 cup fresh spinach
- 1 cup cooked salmon, flaked
- 3 tablespoons ricotta cheese
- 3 tablespoons cottage cheese
- 3 tablespoons grated Parmesan cheese
- 2 tablespoons finely chopped fresh parsley
- 1 1/2 teaspoons dried basil
- 1 pound fresh pasta sheets

For the Roasted Vegetables:

- 4 cups cauliflower florets
- 1 tablespoon olive oil
- 1/2 cup dry bread crumbs
- 2 cloves garlic, minced
- 1 tablespoon grated Parmesan cheese
- sea salt and pepper to taste
- olive oil cooking spray
- 8 ounces cherry tomatoes, halved
- 1 zucchini, grated

  

- 1 tablespoon butter
- 1 tablespoon finely chopped fresh parsley

## Directions

Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add the minced garlic and the chopped green onion and cook for 2 minutes. Stir in the eggplant, salt, and pepper and cook until the eggplant begins to brown, about 7 minutes.

Mix in the mushrooms and cook until the mushrooms are soft and have given off all of their liquid. Reduce the heat to low and add the spinach. Cook until the spinach wilts, about 1 to 2 minutes. Remove the pan from the heat. Stir in the salmon, ricotta, cottage cheese, Parmesan cheese, chopped parsley, and the dried basil. Mix well and set aside.

On a lightly floured surface, roll out the pasta dough into a long thin rectangle; the dough should be about 1 millimeter thick. Slice the dough in half, width-wise, to make two rectangles. Spoon half the salmon mixture onto one side of each rectangle. Fold the other side of the rectangle over the filling and press to seal the dough around the filling. Trim the edges to make a nice shape and crimp edges to seal. Repeat with remaining raviolo. Refrigerate ravioli for 1 hour.

Coat the cauliflower with 1 tablespoon of olive oil. Mix together the minced garlic, Parmesan cheese, bread crumbs, and salt and pepper to taste. Pour the garlic-bread crumb mixture over the cauliflower and toss to combine.

Preheat an oven to 400 degrees F (200 degrees C).

Spray a baking sheet with olive oil cooking spray. Place the ravioli in the center of the tray. Surround the ravioli with the seasoned cauliflower. Arrange the cherry tomatoes over the cauliflower and top with grated zucchini and sprinkle with salt and pepper to taste.

Bake the ravioli and vegetables in the preheated oven until the cauliflower and zucchini begin to brown, about 20 minutes. Remove the baking sheet from the oven. Use a spatula to transfer each raviolo to the center of a dinner plate. Spoon cauliflower mixture around the ravioli. Spread 1/2 tablespoon butter on each raviolo, sprinkle with the remaining chopped parsley, and serve.

# Eggplant and Tomato Packets

## Ingredients

1 eggplant, peeled and halved lengthwise  
1 tomato, halved  
1 pinch garlic salt  
ground black pepper to taste  
2 teaspoons olive oil  
2 sheets heavy duty aluminum foil

## Directions

Preheat an outdoor grill for medium heat.

Place one eggplant half and one tomato half on each sheet of aluminum foil. Sprinkle with garlic salt and black pepper. Drizzle with the olive oil. Fold the foil up to form packets.

Grill the packets until the eggplant and tomato are very tender, about 15 minutes.

# Eggplant Appetizer

## Ingredients

5 eggplants, peeled and cubed  
5 green bell peppers, seeded and chopped  
5 tomatoes, chopped  
5 onions, chopped  
1 1/2 tablespoons white sugar  
1 tablespoon salt  
1/2 cup vegetable oil  
1/2 cup red wine vinegar  
1/2 cup water

## Directions

Place the eggplant, bell pepper, tomato, and onion into a large pot. In a small bowl, stir together the sugar, salt, oil, vinegar, and water. Pour over the vegetables. Bring to a boil and cook over medium heat for 30 minutes. Serve warm.



# Eggplant -- Easy, Good and Tasty

## Ingredients

1 tablespoon olive oil  
1/3 large eggplant  
1 egg  
1 tablespoon water  
1 cup dry bread crumbs  
1 tomato, chopped  
1/4 cup grated Parmesan cheese  
1/4 cup Italian-style salad dressing

## Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet or pizza pan with olive oil.

Slice the eggplant into 8 round slices, each 1/4 to 1/2 inch thick. Trim the skin, maintaining the round shape of the slices. In a small bowl, whip together the egg and water. Place the breadcrumbs in a separate small bowl.

Dip the eggplant slices one at a time into the egg and water mixture, then into the breadcrumbs. One by one, place the coated slices in a single layer on the prepared baking sheet or pizza pan. Top the slices with equal amounts of tomato, Parmesan cheese and Italian-style salad dressing.

Bake in the preheated oven approximately 15 minutes. Change oven setting to broil, and continue cooking 3 to 5 minutes. Check the slices frequently while broiling to avoid burning.

# Mediterranean Vegetable Stew

## Ingredients

2 tablespoons olive oil, divided  
1 cup chopped red onion  
2 cups coarsely chopped green pepper  
2 large garlic cloves, crushed  
1 cup sliced mushrooms  
1 small eggplant, unpeeled, cut in 1- to 2-inch chunks  
1 (28 ounce) can crushed tomatoes  
1/2 cup kalamata olives, pitted and sliced  
1 (15 ounce) can chickpeas, drained and rinsed  
1 tablespoon chopped fresh rosemary  
1 cup coarsely chopped parsley

## Directions

In a large skillet, heat 1 Tb. oil. Saute onion and pepper until soft, about 10 minutes. Add 1 Tb. oil, garlic, mushrooms and eggplant. Simmer, stirring occasionally, until eggplant is softened but not mushy, about 15 minutes. Add tomatoes, olives, chickpeas and rosemary. Simmer until heated through, about 10 minutes. Stir in parsley. Sprinkle feta cheese over stew if desired.

# Curried Vegetables

## Ingredients

3 tablespoons olive oil  
1 tablespoon curry powder  
1/2 teaspoon cumin seeds  
1 eggplant, cubed  
3 jalapeno peppers, seeded and minced  
4 Yukon Gold potatoes, cubed  
3 tomatoes, diced  
1/2 teaspoon salt  
1/2 teaspoon chili powder  
1/2 teaspoon ground turmeric  
1/4 cup chopped fresh cilantro

## Directions

In a Dutch oven or large pot over medium heat, heat oil with curry powder and cumin until aromatic. Stir in eggplant, jalapenos, potatoes, tomatoes, salt, chili powder and turmeric. Cover and cook 30 to 45 minutes, adding water if necessary to maintain a stew-like consistency.

Sprinkle with cilantro before serving.

# Super Moussaka

## Ingredients

5 cups water  
1 teaspoon salt  
2 1/2 cups bulgur  
1 eggplant, sliced into 1/2 inch rounds  
2 tablespoons butter  
2 cloves garlic, minced  
3 tablespoons all-purpose flour  
3 cups milk  
1/2 cup chopped fresh basil  
1 pinch ground nutmeg  
salt and pepper to taste  
3 1/2 cups peeled roma (plum) tomatoes  
1 egg, beaten

## Directions

Preheat the oven to 400 degrees F (200 degrees C).

In a large saucepan, bring the water and the 1 teaspoon salt to a boil. Add the bulgur, cover the pan. Remove the pan from the heat and let the bulgur sit for 10 minutes.

Lay the eggplant slices on one or two lightly greased baking sheets. Bake them in the oven for 15 minutes or until the eggplant has softened but is not browned. Remove the eggplant from the oven, and lower the temp to 350 degrees F (175 degrees C).

While the eggplant is baking, make the bechamel sauce: Melt the butter in a saucepan over medium heat. Add the garlic, and cook it, stirring often for 1 minute. Add the flour, and stir constantly for 1 minute. Slowly add the milk, 1/2 cup at a time, whisking well after each addition. Simmer the mixture, stirring frequently, for 5 minutes. Remove the pan from the heat.

Sprinkle the basil, nutmeg, salt and pepper into the saucepan of bechamel sauce.

Spoon the bulgur into a 9x11 inch casserole dish, and pat the bulgur down well. Lay the eggplant slices on the bulgur, overlapping them in rows.

Squeeze the tomatoes through your hands to break them up, and spread the broken tomatoes and their juice over the eggplant.

When the bechamel sauce has cooled a bit whisk the egg into it. Pour the sauce over the tomatoes.

Bake the moussaka, uncovered, for 45 minutes. Slice it as you would lasagna, and serve.

# Baba Ghanoush

## Ingredients

2 large eggplants  
1/4 cup lemon juice  
1 pinch salt  
1 tablespoon olive oil  
1 cup plain yogurt  
1/4 cup tahini  
1/2 teaspoon teriyaki sauce  
1 clove crushed garlic

## Directions

Wash both eggplants, and pierce them with a knife. Place eggplants on a cookie sheet, put them in a 500 degrees F (260 degrees C) preheated oven for 15 to 20 minutes. After eggplants are baked and cooled, peel the skin off. Put eggplant in a mixing bowl.

Stir in the lemon juice, salt, olive oil, and plain yogurt. Mix ingredients until smooth. Stir in tahini according to taste. When all ingredients are added, transfer the dip to a serving bowl. Stir in teriyaki sauce and garlic. Refrigerate until you are ready to serve.

# Slow Cooker Mediterranean Stew

## Ingredients

1 butternut squash - peeled, seeded, and cubed  
2 cups cubed eggplant, with peel  
2 cups cubed zucchini  
1 (10 ounce) package frozen okra, thawed  
1 (8 ounce) can tomato sauce  
1 cup chopped onion  
1 ripe tomato, chopped  
1 carrot, sliced thin  
1/2 cup vegetable broth  
1/3 cup raisins  
1 clove garlic, chopped  
1/2 teaspoon ground cumin  
1/2 teaspoon ground turmeric  
1/4 teaspoon crushed red pepper  
1/4 teaspoon ground cinnamon  
1/4 teaspoon paprika

## Directions

In a slow cooker, combine butternut squash, eggplant, zucchini, okra, tomato sauce, onion, tomato, carrot, broth, raisins, and garlic. Season with cumin, turmeric, red pepper, cinnamon, and paprika.

Cover, and cook on Low for 8 to 10 hours, or until vegetables are tender.

# Tater-Dipped Eggplant

## Ingredients

1/4 cup butter  
1 medium eggplant, peeled and cut into 3/4 inch slices  
1 egg  
1 teaspoon salt  
1/8 teaspoon pepper  
1 cup instant mashed potato flakes

## Directions

Preheat the oven to 450 degrees F (220 degrees C). Melt butter in a shallow baking dish in the oven while it is preheating.

In a small bowl, mix together the egg, salt and pepper. Dip slices of eggplant into the egg mixture, then dip into the potato flakes to coat. Place the coated slices of eggplant into the hot buttered dish.

Bake for about 20 minutes, or until tender, turning once after 10 minutes.

# Grilled Pesto Vegetable Tart

## Ingredients

1/2 (17.3 ounce) package  
Pepperidge Farm® Puff Pastry  
Sheets  
1 egg  
1 tablespoon water  
3 tablespoons olive oil  
2 teaspoons chopped garlic  
1 baby eggplant , cut diagonally in  
1/2-inch thick slices  
1 large zucchini , cut diagonally in  
1/2-inch thick slices  
1 large yellow squash , cut  
diagonally in 1/2-inch thick slices  
1 tablespoon prepared pesto  
sauce  
4 ounces goat cheese, crumbled  
1 whole roasted sweet pepper ,  
drained and cut into thin strips

## Directions

Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 400 degrees F. Lightly grease or line a baking sheet with parchment paper. Stir the egg and water with a fork in a small bowl.

Unfold the pastry sheet on a lightly floured surface. Roll the sheet into a 13x11-inch rectangle. Place on the prepared sheet. Brush the edges of the rectangle with the egg mixture. Fold over the edges 1/2 inch on all sides, pressing firmly with a fork to form a rim. Prick the pastry thoroughly with a fork. Refrigerate for 30 minutes.

Stir the oil and garlic in a small bowl. Place the eggplant, zucchini and squash in a single layer on a shallow-sided pan. Brush with the oil mixture. Turn vegetables over and brush with more oil. Season to taste. Bake the vegetables 4 minutes, turning halfway through cooking. Cool slightly.

Spread the pesto on the pastry. Arrange the vegetables alternately in rows. Sprinkle with the cheese.

Bake for 20 minutes or until golden. Sprinkle with the red pepper. Serve immediately.



# Upside Down (Maqluba)

## Ingredients

- 7 cups water
- 2 onions, chopped
- 1 tablespoon chopped garlic
- 1 teaspoon ground cinnamon
- 1 teaspoon ground turmeric
- 2 teaspoons garam masala
- 1 pinch salt and ground black pepper to taste
- 2 cups cooking oil
- 2 cups lamb meat, cut into small pieces
- 1 large eggplant, cut into 3/4-inch slices
- 2 zucchini, cut into 1/4-inch slices
- 1 cup broccoli
- 1 cup cauliflower
- 1 1/2 cups jasmine rice
- 1 (16 ounce) container plain yogurt

## Directions

Bring to a boil the water, onion, garlic, cinnamon, turmeric, garam masala, salt, and pepper in a large pot. Add the lamb; reduce the heat to low and simmer 15 to 20 minutes. Separate the lamb from the liquid and set aside. Transfer the liquid to a bowl.

While the lamb mixture simmers, heat the oil in a large, deep skillet over medium heat. Fry the eggplant slices in the hot oil, assuring the pieces do not touch, until brown on both sides; remove to a plate lined with paper towels to drain. Use the same procedure to fry the zucchini and the cauliflower. Cook the broccoli in the oil until hot and remove to a paper towel-lined plate to drain.

Layer the lamb into the bottom of the large pot. Arrange the eggplants, zucchini, broccoli, and cauliflower on top of the beef in layers. Pour the rice over the beef and vegetables, shaking the pot gently to allow the rice to settle into the dish. Pour the reserved liquid from the beef over the mixture until it is completely covered. Add water if needed.

Cover the pot and simmer over low heat until the rice is soft and the liquid is absorbed, 30 to 45 minutes. Remove the lid from the pot. Place a large platter over the pot and flip the pot so the dish is 'upside down' on the platter. Serve with yogurt on the side.

# Vegetarian Open Faced Sandwich

## Ingredients

6 slices sourdough bread, toasted  
3 tablespoons pesto sauce  
1 small eggplant, sliced  
1 small red bell pepper, sliced  
1 medium red onion, sliced  
2 tomatoes, sliced  
1 cup sliced fresh mushrooms  
6 slices mozzarella cheese  
4 cloves garlic  
dried oregano  
dried basil  
salt and pepper to taste

## Directions

Preheat the oven broiler.

Spread one side of each bread slice with equal amounts pesto sauce. Arrange in a single layer on a baking sheet, pesto side up. Layer each slice with eggplant, red bell pepper, red onion, tomatoes, mushrooms, and cheese. Crush garlic on top of cheese, and season with oregano, basil, salt, and pepper.

Broil 5 minutes in the preheated oven, or until cheese is melted and lightly browned.

# Charred Eggplant Raita

## Ingredients

2 medium eggplant  
1 1/2 cups plain yogurt  
1 small onion, minced  
1/4 teaspoon cayenne pepper  
salt and pepper to taste  
1 serrano pepper, seeded, finely chopped  
2 tablespoons chopped cilantro

## Directions

Char the skin of the eggplants by roasting them on all sides on a skewer over the open flame of a gas burner; or, blacken them under an oven's broiler. When thoroughly burnt, place in cold water to cool, then peel off the skin of the eggplants.

Cut up the eggplant and place into a large bowl. Mash well with a fork or potato masher. Stir in the yogurt and onion. Season with cayenne pepper, salt and pepper to taste. Mix well, and spoon into serving dish. Sprinkle with serrano pepper and cilantro before serving.

# Eggplant and Tomato Casserole

## Ingredients

1 medium eggplant, sliced into 1/4 inch rounds  
salt to taste  
3 tablespoons olive oil  
1 small onion, halved and sliced  
4 medium tomatoes, sliced  
1/4 cup balsamic vinegar  
2 tablespoons olive oil  
1 cup dry bread crumbs for topping  
salt and pepper to taste

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Season the eggplant slices with salt, and let stand for about 10 minutes. Drain off liquid.

Heat 3 tablespoons of olive oil in a large skillet over medium-high heat. Quickly brown the eggplant slices on each side.

Place a layer of the eggplant slices in an 8 inch square baking dish or casserole dish. Place some tomato slices over the eggplant, and then a few slices of onion. Repeat layers until you run out of eggplant. Pour balsamic vinegar over everything. In a small bowl, stir together the bread crumbs and remaining olive oil. Season with salt and pepper. Spread in a layer over the vegetables.

Bake for 25 to 30 minutes in the preheated oven, until the top is golden brown and the eggplant is tender.

# Pepperidge Farm® Vegetable Sandwich Stacks

## Ingredients

1 medium eggplant, cut into 1/4-inch slices  
1 large zucchini, cut into 1/4-inch diagonal slices  
1/2 cup olive oil  
1 pound mozzarella cheese, thinly sliced  
1/4 cup grated Parmesan cheese  
3 cups Prego® Roasted Garlic & Herb Italian Sauce  
6 slices Pepperidge Farm® Texas Toast Garlic

## Directions

Preheat the oven to 425 degrees F. Place the eggplant and zucchini slices onto 2 baking sheets. Brush the vegetables with the oil.

Roast for 10 minutes or until the vegetables are tender.

Assemble the vegetable stacks on a baking sheet. For each stack, layer 2 eggplant slices, 2 mozzarella cheese slices, 1 tablespoon Parmesan cheese, 1 tablespoon sauce, 2 zucchini slices, 2 mozzarella cheese slices, 1 teaspoon Parmesan cheese and 1 tablespoon sauce, making 6 stacks in all.

Bake the bread according to the package directions. Meanwhile, bake the vegetable stacks for 5 minutes or until the cheese is melted.

Spread each of 6 serving plates with 3 tablespoons sauce. Top each with 1 bread slice. Top the bread slices with the vegetable stacks. Pour the remaining sauce over the vegetable stacks.

# Eggplant and Halloumi Roll-Ups

## Ingredients

1 eggplant, cut into 1/4-inch thick slices  
salt and pepper to taste  
1 cup grated halloumi cheese  
2 tablespoons lemon juice  
1 teaspoon lemon zest  
2 teaspoons chopped fresh mint  
1 pinch cayenne pepper

## Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.

Season the eggplant slices with salt and pepper on both sides. Arrange onto the prepared baking sheet so the slices do not overlap. Bake in the preheated oven until the eggplant has softened and become slightly dry, about 10 minutes.

While the eggplant is baking, combine the halloumi, lemon juice, lemon zest, mint, and cayenne pepper in a bowl until evenly blended; set aside until the eggplant has cooked. Place a dollop of the cheese mixture onto the narrow end of each eggplant slice. Roll the slices up into cylinders and serve.

# Vegetable Cheese Strudel

## Ingredients

1 sheet Pepperidge FarmB® Puff Pastry  
1 egg  
1 tablespoon water  
2 tablespoons vegetable oil  
2 small green or red peppers, cut into 2-inch-long strips  
3 ounces mushrooms, sliced  
1 cup cubed eggplant  
1 small onion, sliced  
1/4 teaspoon garlic powder  
1 teaspoon dried basil leaves, crushed  
8 (1/2 ounce) slices mozzarella cheese

## Directions

Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 400 degrees F. Mix the egg and water in a small bowl.

Heat the oil in a 12 inch skillet over medium-high heat. Add the peppers, mushrooms, eggplant, onion, garlic powder and basil and cook until the vegetables are tender and the liquid is evaporated. Let cool to room temperature.

Unfold the pastry sheet on a lightly floured surface. Roll the pastry sheet into a 16x12 inch rectangle. With the short side facing you, spoon the vegetable mixture onto the bottom half of the pastry sheet to within 1 inch of the edges. Top with the cheese. Starting at the short side, roll up like a jelly roll. Tuck the ends under to seal. Place seam-side down on a baking sheet. Brush with the egg mixture.

Bake for 25 minutes or until the pastry is golden. Slice and serve warm.

# Marinated Mushroom and Eggplant with Peanut

## Ingredients

2 medium eggplants  
8 ounces crimini mushrooms,  
sliced  
1 teaspoon ground cumin  
1 teaspoon ground coriander seed  
1 tablespoon fresh ginger root  
2 cloves crushed garlic  
4 tablespoons soy sauce  
8 tablespoons sunflower seed oil  
2 tablespoons lemon juice  
1/2 teaspoon cumin seeds  
1/2 teaspoon coriander seeds  
3 cloves garlic  
2 tablespoons chopped onion  
1 tablespoon lemon juice  
1 teaspoon salt  
1/4 teaspoon chili powder  
1/2 cup coconut milk  
1 cup crunchy peanut butter  
1 cup water

## Directions

Cut eggplant into 1 inch chunks. Thread eggplant and mushrooms onto 8 wooden or metal skewers. Place vegetable skewers in a nonporous, shallow dish, and spoon the marinade over everything. Cover, and refrigerate for at least 2 hours.

To make marinade: Mix together ground cumin, ground coriander, grated ginger, and 2 cloves crushed garlic in a large skillet or wok. Stir over high heat until fragrant. Remove from heat, and stir in soy sauce, oil, and lemon juice.

To make peanut sauce: In a food processor, grind cumin seeds, coriander seeds, and 3 cloves garlic. Combine with onion, lemon juice, salt, chili powder, coconut milk, and peanut butter in a small saucepan. Stir in water. Simmer over medium low heat until it becomes a thick sauce. Transfer peanut sauce to a serving bowl.

Preheat grill to medium heat and lightly oil grate.

Remove skewers from marinade, and place on grill. Cook for about 10 to 15 minutes, or until vegetables are tender. Serve immediately with peanut sauce.



# Olive Oil Roasted Eggplant with Lemon

## Ingredients

1 large eggplant  
3 tablespoons extra virgin olive oil  
salt and pepper to taste  
2 tablespoons fresh lemon juice

## Directions

Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or lightly grease.

Slice the eggplant in half lengthwise, then cut each half into quarters lengthwise. Cut each of those in half to make two shorter quarters. Place the eggplant onto the baking sheet with the skin side down. Brush each piece with olive oil and season with salt and pepper.

Roast in the preheated oven until softened and golden brown, 25 to 30 minutes. Remove from the oven and sprinkle with lemon juice. Serve hot.

# Herbed Eggplant Slices

## Ingredients

1 clove garlic, minced  
1 tablespoon minced fresh oregano  
1/4 cup chopped fresh basil  
1/2 cup chopped fresh parsley  
1 eggplant, sliced into 1/2 inch rounds  
salt to taste  
ground black pepper to taste

## Directions

Preheat oven to 400 degrees F (205 degrees C). Coat a baking sheet with cooking spray.

In a small bowl, combine garlic, oregano, basil, and parsley. Mix well, and set aside.

Generously season each eggplant slice with salt and pepper on both sides. Place on baking sheet.

Bake 5 to 7 minutes on each side, until tender and slightly browned. Sprinkle herb mixture on eggplant slices, and place under the broiler for 30 seconds. Transfer to a serving plate, and serve immediately.

# Eggplant Parmigiana Caponata

## Ingredients

1 cup olive oil, divided  
1 eggplant, sliced into 1/2 inch rounds  
2 red bell peppers, chopped  
8 slices mozzarella cheese  
1 small onion, chopped  
2 cloves garlic, minced  
1 (16 ounce) can stewed tomatoes, with juice  
1 tablespoon chopped fresh basil  
1 tablespoon chopped fresh oregano  
1/4 cup balsamic vinegar  
1/4 cup red wine vinegar  
1/2 cup brown sugar  
8 tablespoons tomato paste  
8 anchovy fillets, chopped  
3 tablespoons capers, chopped  
1 teaspoon salt  
1 teaspoon ground black pepper  
1 cup grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat 1/2 cup olive oil in a large heavy skillet. Saute eggplant until each piece becomes saturated with oil. Use eggplant to line the bottom of a 3 quart casserole dish. Saute the red peppers until tender, and layer over eggplant in casserole dish. Top with mozzarella.

Heat remaining olive oil, and cook onions and garlic until lightly browned and caramelized. Stir in stewed tomatoes, basil, and oregano and simmer 5 minutes. Add balsamic vinegar, red wine vinegar, brown sugar, and tomato paste. Simmer for 10 minutes. Add anchovy filets and capers. Season with salt and pepper. Pour over the mozzarella cheese in the casserole dish. Sprinkle Parmesan cheese on top of sauce.

Bake in preheated oven for 20 to 25 minutes, or until cheese is melted.

# Diced Lamb with Roasted Vegetables and

## Ingredients

1 sprig fresh rosemary, chopped  
1/4 cup chopped fresh mint leaves  
1 hot chile pepper, minced  
1 clove garlic, minced  
2 limes, juiced  
6 tablespoons olive oil, divided  
salt and pepper to taste  
3/4 pound boneless lamb, cut into 1/2-inch cubes  
1 eggplant, peeled and cubed  
1 red bell pepper, cut into 1 inch pieces  
1 yellow bell pepper, cut into 1 inch pieces  
2 green onions, chopped  
1 tablespoon butter  
1 (10 ounce) box couscous  
1 1/2 cups boiling water  
1 lime, juiced

## Directions

Combine rosemary, mint, chile pepper, garlic, the juice from 2 of the limes, 2 tablespoons of the olive oil, and salt and pepper to taste. Add the lamb and coat well with the marinade; marinate at least 1 hour and up to overnight in the refrigerator.

Preheat oven to 350 degrees F (175 degrees C).

Combine the eggplant, red and yellow peppers, and onions with 3 tablespoons olive oil; toss to coat. Place vegetables on a large baking sheet in a single layer and roast until tender, about 20 minutes.

Heat 1 tablespoon olive oil in skillet over medium heat. Remove lamb from marinade (discard marinade); cook and stir until no longer pink, about 10 minutes.

Meanwhile, melt butter in a small saucepan over medium heat. Add couscous; stir briefly to coat well. Add water; cook and stir until just boiling. Cover; set aside until all the water is absorbed, about 10 minutes. Fluff couscous with a fork, and stir in the juice of 1 lime.

Serve lamb and vegetables over couscous.

# Smoky Grilled Vegetables

## Ingredients

1 eggplant, sliced into 1/2 inch rounds  
2 red bell peppers, halved and seeded  
2 yellow bell peppers, halved and seeded  
2 zucchini, sliced  
2 large onions, peeled and sliced into 1/2-inch thick rounds  
4 tablespoons vegetable oil  
1 cup teriyaki sauce

## Directions

Brush vegetables with oil to coat.

Prepare smoker using manufacturer's instructions using either alder or apple chips. Place veggies in single layers on smoker racks. Smoke for about 30 minutes.

Preheat grill for high heat.

Brush grate with oil. Arrange vegetables on grill, with the peppers away from the center. Cook for 10 to 15 minutes, turning once. Baste with teriyaki sauce frequently. Vegetables will cook at different rates; remove tender pieces from the grill, and continue cooking until all are done.

# Chocolate Eggplant (Chocolate Aubergine)

## Ingredients

2 tablespoons vegetable oil, or as needed  
1 eggplant with ends trimmed, cut lengthwise into 1/4 inch slices  
8 ounces semisweet chocolate, chopped

## Directions

Heat enough of the oil to coat the bottom of a large skillet over medium-high heat. Fry slices of eggplant until browned and slightly crispy. Place them on paper towels to drain.

Meanwhile, place the chocolate in a heat proof bowl set over a pan of simmering water. Stir occasionally until melted and smooth. Remove from the heat.

Arrange the eggplant slices on a large serving platter and drizzle the chocolate over them. Don't cover the eggplant completely. Serve immediately.

# Eggplant Burgers

## Ingredients

1 eggplant, peeled and sliced into 3/4 inch rounds  
1 tablespoon margarine  
6 slices Monterey Jack cheese  
6 hamburger buns, split  
6 leaves lettuce  
6 slices tomato  
1/2 onion, sliced  
1/2 cup dill pickle slices  
1 (20 ounce) bottle ketchup  
3 tablespoons mayonnaise  
2 tablespoons prepared yellow mustard

## Directions

Place the eggplant slices on a plate, and cook in the microwave for about 5 minutes, or until the centers are cooked.

Melt margarine in a large skillet over medium-high heat. Fry eggplant slices until lightly toasted on each side, and place one slice of cheese onto each one. Cook until cheese has melted, and remove from the skillet.

Place eggplant on hamburger buns, and allow each person to top with lettuce, tomato, onion, and pickles, and dress with ketchup, mayonnaise and mustard.

# Cheesy Eggplant Bake

## Ingredients

1 medium eggplant, peeled  
2 teaspoons salt  
3/4 cup dry bread crumbs  
3 teaspoons garlic salt  
1/2 teaspoon pepper  
3 eggs  
3 tablespoons olive oil, divided  
1 large green pepper, chopped  
1 medium onion, chopped  
1/2 pound fresh mushrooms, sliced  
2 (14.5 ounce) cans stewed tomatoes  
1 (6 ounce) package sliced mozzarella cheese

## Directions

Cut eggplant into 1/4-in.-thick slices. Place in a colander over a plate; sprinkle with salt. Let stand for 30 minutes. Rinse under cold water and pat dry with paper towels.

In a shallow bowl, combine the bread crumbs, garlic salt and pepper. In another shallow bowl, beat eggs. Dip eggplant into eggs, then coat with crumb mixture.

In a large skillet, cook eggplant in 2 tablespoons oil for 2 minutes on each side or until lightly browned. Transfer to an ungreased 13-in. x 9-in. x 2-in. baking dish. In the same skillet, saute the green pepper, onion and mushrooms in remaining oil for 5 minutes or until pepper and onion are crisp-tender. Sprinkle over eggplant. Top with tomatoes.

Bake, uncovered, at 350 degrees F for 25 minutes. Uncover; place cheese slices over the top. Bake 25-30 minutes longer or until cheese is lightly browned.



# Roasted Rosemary Chicken And Vegetables

## Ingredients

1/3 cup olive oil  
1/3 cup balsamic vinegar  
1 tablespoon dried rosemary  
1/2 teaspoon crushed red pepper flakes  
1 clove garlic, minced  
4 skinless, boneless chicken breasts  
1 green bell pepper, sliced  
1 red bell pepper, sliced  
1 small red onion, quartered  
3 carrots, cut into 1 inch pieces  
1 eggplant, cut into 1/2 inch cubes

## Directions

Preheat oven to 400 degrees F (200 degrees C). Line a cookie sheet with aluminum foil, and coat with cooking spray.

In a large bowl, combine olive oil, balsamic vinegar, rosemary, red pepper flakes, and garlic. Place chicken in the bowl, and marinate 5 minutes. Transfer to a baking dish, reserving marinade in the bowl.

Place green bell pepper, red bell pepper, red onion, carrots, and eggplant in the marinade, and toss to coat. Arrange in a single layer on the prepared cookie sheet.

Place the chicken and vegetables in the preheated oven. Bake chicken for 20 minutes, or until juices run clear. Bake the vegetables for 35 minutes, or until the edges of the vegetables brown.

# Eggplant Chips

## Ingredients

1 eggplant, sliced into strips  
1/2 cup soft bread crumbs  
1/8 cup grated Romano cheese  
1 clove garlic, chopped  
2 sprigs fresh parsley, chopped  
1/2 teaspoon dried oregano  
salt and pepper to taste  
2 tablespoons vegetable oil

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Cut eggplant strips in half again, lengthwise. Lay strips on a baking sheet.

In a small bowl combine bread crumbs, Romano cheese, garlic, parsley, oregano, salt and pepper. Sprinkle over eggplant strips and drizzle with oil.

Bake in preheated oven for 25 minutes, or until crispy.

# Vegetable Pasta Salad II

## Ingredients

1 zucchini, cubed  
1 eggplant, cubed  
1 onion, chopped  
1 green bell pepper, chopped  
1 clove minced garlic  
2 tablespoons olive oil  
1 (12 ounce) package  
rotini/corkscrew pasta  
2 chopped tomatoes  
3 ounces diced feta cheese  
1 cup Italian-style salad dressing

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine zucchini, eggplant, onion, bell pepper and garlic in a baking dish. Toss with olive oil. Bake for about 20 minutes. Remove from oven and cool.

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.

In a bowl combine vegetable mixture, cooled pasta, tomatoes, Feta cubes, and salad dressing; toss until well mixed.

## Ingredients

3 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, minced  
1/2 pound pork loin, chopped  
1/2 pound peeled and deveined prawns  
salt and pepper to taste  
1 tomato, chopped  
1/4 pound zucchini, seeded and cut into bite-size pieces  
1/4 pound fresh okra, ends trimmed  
1/4 pound fresh green beans, trimmed  
1/4 pound eggplant, cut into bite-size pieces  
1 small bitter melon, cut into bite-size pieces

## Directions

Heat the oil in a large pot over medium heat; cook and stir the onion and garlic in the hot oil until tender, about 5 minutes. Stir in the pork and cook until completely browned, 5 to 7 minutes. Stir the shrimp into the mixture; season with salt and pepper. Continue cooking until the shrimp turn pink, about 5 minutes. Add the tomato to the pot, cover, and let cook 5 minutes. Stir the zucchini, okra, green beans, eggplant, and bitter melon into the mixture; cover, and cook until the vegetables are all soft to the touch, about 10 minutes more. Serve hot.

# Eggplants With Pesto

## Ingredients

1/2 cup olive oil, for frying  
2 large eggplants, halved lengthwise  
1 pinch salt and ground black pepper to taste  
1/4 cup fresh basil leaves  
3 cloves garlic, minced  
2 tablespoons pine nuts  
2 tablespoons freshly grated Parmesan cheese  
3 tablespoons extra-virgin olive oil, for pesto

## Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Heat 1/2 cup olive oil in a skillet over medium heat. While heating the oil, cut slits in a crisscross pattern in the 'meat' of the eggplant halves, being careful not to pierce the skin. This will allow the heat and oil to penetrate better. Lightly season the eggplant with salt and pepper; gently lay the eggplant halves into the hot oil, skin sides facing up, and fry until golden brown, about 10 minutes. Flip the eggplant halves and cook another 2 to 3 minutes. Remove and allow to drain on a plate lined with paper towels.

Make the pesto by blending the basil, garlic, pine nuts, Parmesan cheese, and about half of the extra-virgin olive oil in a blender on Low until smooth; slowly stream the remaining extra-virgin olive oil into the mixture as it blends.

Arrange the eggplant halves in a broiler pan with the skin sides down. Slather the pesto over the surface of the eggplant.

Cook the eggplants under the broiler until the pesto begins to bubble, 7 to 10 minutes.

# Eggplant with Mushroom Stuffing

## Ingredients

1 small eggplant  
1 tablespoon salt  
1 small onion, chopped  
1/4 cup butter, cubed  
3/4 cup soft bread crumbs  
1/2 cup chopped fresh mushrooms  
1 tablespoon minced fresh parsley  
Dash pepper  
1/2 cup shredded Swiss cheese

## Directions

Cut eggplant in half lengthwise; scoop out pulp, leaving a 1/4-in.-thick shell. Set shell aside. Chop pulp; place in a colander over a plate. Sprinkle with salt; let stand for 30 minutes. Blot moisture with a paper towel.

In a skillet, saute eggplant pulp and onion in butter until tender. Add the bread crumbs, mushrooms, parsley and pepper. Spoon into eggplant shells.

Place in a greased 8-in. square baking dish. Bake, uncovered, at 350 degrees F for 15 minutes. Sprinkle with cheese; bake 5 minutes longer or until cheese is melted.

# Easy Eggplant Pita

## Ingredients

1 small eggplant, diced  
1/4 cup fresh sliced mushrooms  
1 green bell pepper, chopped  
1/2 onion, chopped  
1/4 teaspoon garlic powder  
1 tablespoon olive oil  
4 pitas, halved  
1 cup shredded mozzarella cheese  
1/2 cup ranch-style salad dressing (optional)

## Directions

Combine eggplant, mushrooms, green bell pepper, onion, garlic powder and olive oil in a skillet and fry until vegetables are gently brown and softened.

Stuff hot vegetable mixture into pita bread pockets. Sprinkle Mozzarella cheese into the pockets. Top the entire sandwich with ranch dressing if you wish.

# Chickpea and Eggplant Stew

## Ingredients

- 1 tablespoon olive oil
- 1 1/2 cups cubed salami
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 6 cloves garlic, crushed
- 1 large eggplant - peeled, seeded, and cubed
- 1 tablespoon tomato paste
- 1 bunch cilantro, chopped
- salt and pepper to taste
- dried oregano to taste
- 1 (15 ounce) can garbanzo beans (chickpeas)
- 1 (14.5 ounce) can diced tomatoes
- 2 bay leaves
- 4 green onions, chopped
- 6 cups water
- 1 tablespoon distilled white vinegar (optional)
- hot sauce (optional)

## Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the salami, and cook until evenly browned. Mix in onion, bell pepper, and garlic. Cook until tender. Mix in eggplant, tomato paste, and cilantro, and season with salt, pepper, and oregano. Continue cooking 15 minutes. Mash the eggplant as it softens, and add a little water if necessary to keep the ingredients from drying out.

Stir the garbanzo beans, tomatoes, bay leaves, and green onions into the skillet, and pour in the water. Bring to a boil for 5 minutes. Reduce heat to low, cover, and simmer 15 minutes. Stir in vinegar and hot sauce before serving.



# Summer Nights Eggplants

## Ingredients

2 large eggplants  
1/2 cup olive oil for frying  
2 medium onions, chopped  
2 cloves garlic, minced  
2 small tomatoes, chopped  
1 green bell pepper, seeded and chopped  
1 tablespoon chopped fresh parsley  
salt and pepper to taste  
4 cups dry bread crumbs  
1 cup crumbled feta cheese

## Directions

Remove the leaves from the eggplants, and slice in half lengthwise. Carefully scoop out the centers of the eggplants, leaving a half-inch shell so they resemble 'canoes'. Cut the center portion into small pieces, and set aside.

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a large skillet over medium heat. Add the onions and garlic, and saute for a few minutes, until tender. Add the eggplant pieces, and cook until soft, about 5 minutes. Then, stir in the tomato, green pepper, and parsley. Simmer for about 10 minutes.

Remove from the heat, and transfer to a large bowl. Stir in the bread crumbs until evenly blended. Divide the mixture evenly between the four eggplant shells. Sprinkle feta cheese over the top. Place the eggplant halves on a baking sheet.

Bake for 15 to 20 minutes in the preheated oven, until the tops are browned and the cheese is melted. Serve hot or cold. I prefer them chilled.

# Eggplant Au Gratin

## Ingredients

1/2 pound eggplant, peeled and cut into 1/4 inch slices  
1 tablespoon olive oil  
3/4 cup spaghetti sauce  
3/4 cup shredded part-skim mozzarella cheese  
2 tablespoons shredded Parmesan cheese

## Directions

Brush both sides of eggplant slices with oil. Place on an ungreased baking sheet. Bake at 400 degrees F for 8 minutes. Turn and bake 7-8 minutes longer or until lightly browned and tender. Cool on a wire rack.

Place one eggplant slice in each of two 10-oz. ramekins coated with nonstick cooking spray. Top each with 2 tablespoons spaghetti sauce and 2 tablespoons mozzarella cheese. Repeat layers twice. Sprinkle with Parmesan cheese. Bake, uncovered, at 350 degrees F for 20-25 minutes or until bubbly and cheese is melted.

# Emily's Famous Roasted Vegetable Salad

## Ingredients

1 eggplant - quartered lengthwise, and sliced into 1/2 inch pieces  
2 small yellow squash, halved lengthwise and sliced  
4 cloves garlic, peeled  
1/4 cup olive oil, or as needed  
1 red bell pepper, seeded and sliced into strips  
1 bunch fresh asparagus, trimmed and cut into 2 inch pieces  
1/2 red onion, sliced  
  
1/4 cup red wine vinegar  
2 tablespoons balsamic vinegar  
1/4 cup olive oil  
2 lemons, juiced  
1/4 cup chopped fresh parsley  
3 tablespoons chopped fresh oregano  
salt and freshly ground black pepper to taste

## Directions

Preheat the oven to 450 degrees F (230 degrees C). Grease a large baking sheet.

Spread the eggplant and squash slices out in an even layer on the prepared baking sheet. Place the cloves of garlic off to one side of the pan, so you can find them later. Bake for 15 minutes in the preheated oven

While the vegetables roast, whisk together the red wine vinegar, balsamic vinegar, olive oil, and lemon juice in a large serving bowl. Season with oregano, parsley, salt and pepper. Remove the garlic cloves from the oven, and chop or mash. Whisk the garlic into the dressing. Set aside.

Remove the vegetables from the oven, and stir the squash and eggplant. Layer the asparagus, red onion, and red bell pepper over the top of the eggplant and squash. Return to the oven, and bake for another 15 to 20 minutes, or until the asparagus is tender but still bright green.

When the vegetables are cooked through and slightly toasted, remove them from the oven, and place them in the bowl with the dressing. Stir to coat evenly. Taste and adjust salt and pepper if necessary. Chill for a few hours to marinate the vegetables.

# Lebanese Baked Eggplant

## Ingredients

2 eggplants  
1 teaspoon salt  
2 tablespoons olive oil  
1 pound beef stew meat, cut into small pieces  
1 large onion, chopped  
1 1/2 cups chopped walnuts  
2 large potatoes, cut into 1 inch cubes  
2 (14.5 ounce) cans stewed tomatoes  
salt and pepper to taste

## Directions

Cut eggplants into half-inch slices; sprinkle with 1 teaspoon salt and let stand for 20 minutes; blot up the liquid with a paper towel.

Preheat an oven to 350 degrees F (175 degrees C).

Heat the olive oil in a skillet over medium heat; brown the onion and stew meat in the hot oil. Stir in the walnuts and cook another 2 minutes; remove from heat.

Arrange half of the eggplant slices in the bottom of a 9x13 inch baking dish; spoon the beef mixture over the layer of eggplant. Top the beef mixture with the remaining eggplant slices, potatoes, and tomatoes; season with salt and pepper.

Bake uncovered in preheated oven until the eggplant is soft; about 1 hour.

# Szechuan Spicy Eggplant

## Ingredients

1 large eggplant, diced  
4 tablespoons soy sauce  
1/4 cup chicken stock  
1 teaspoon chili sauce  
1 teaspoon white sugar  
1/2 teaspoon ground black pepper  
2 tablespoons oyster sauce  
1 tablespoon cornstarch  
4 tablespoons water  
2 cloves garlic, minced  
4 large green onions, finely chopped  
1 tablespoon chopped fresh ginger root  
1/2 pound medium shrimp - peeled and deveined  
1 pound lean ground beef  
1 tablespoon vegetable or sesame oil

## Directions

Remove the eggplant stem and cut into 1-inch cubes. In a medium bowl, combine the soy sauce, chicken stock, chili sauce, sugar, ground black pepper and oyster sauce. Stir together well and set aside. In a separate small bowl, combine the cornstarch and water, and set aside.

Coat a large, deep pan with cooking spray over high heat and allow a few minutes for it to get very hot. Saute the garlic, half of the green onions, ginger and shrimp for 3 to 5 minutes, stirring constantly, until they begin to brown. Stir in the ground beef and cook for 3 more minutes, again stirring constantly, until browned.

Pour the eggplant into the pan and stir all together. Pour the reserved soy sauce mixture over all, cover the pan, reduce heat to medium low and let simmer for 15 minutes, stirring occasionally. Stir in the reserved cornstarch mixture and let heat until thickened. Finally, stir in the rest of the green onions and the sesame oil.

# Beef 'n' Eggplant Pie

## Ingredients

2 cups cubed eggplant  
1/4 cup butter  
3/4 pound ground beef  
1/2 cup finely chopped onion  
1 celery rib with leaves, chopped  
1 clove garlic, minced  
1 (8 ounce) can tomato sauce  
1 tablespoon minced fresh parsley  
1 tablespoon dried oregano  
1 teaspoon salt  
1/8 teaspoon pepper  
1 (9 inch) unbaked pastry shell  
1/2 cup shredded mozzarella cheese

## Directions

In a small skillet, saute eggplant in butter until tender, about 5 minutes. In a large skillet, cook the beef, onion, celery and garlic over medium heat until meat is no longer pink; drain. Add the eggplant, tomato sauce, parsley, oregano, salt and pepper; bring to a boil. Remove from the heat.

Prick pastry shell with a fork. Add beef mixture. Bake at 375 degrees F for 20-25 minutes. Sprinkle with cheese. Bake 5-10 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

# Baked Fried Eggplant

## Ingredients

1 eggplant  
1 egg, beaten  
1 (8 ounce) container sour cream  
2 cups Italian seasoned bread crumbs  
3 tablespoons all-purpose flour

## Directions

Preheat oven to 325 degrees F (165 degrees C). Grease a cookie sheet.

Wash eggplant and slice into 1/4 to 1/2 inch slices. In a medium bowl, stir together the egg and sour cream until well blended. Toss the eggplant slices with the flour to coat. Dip one slice at a time into the batter then coat with the seasoned bread crumbs. Place coated eggplant onto the prepared cookie sheet and spray the tops with cooking spray.

Bake in the preheated oven for 15 minutes, then turn the slices over and continue to cook for an additional 15 to 20 minutes, or until both sides are brown and crisp.

# Eggplant Salad

## Ingredients

6 medium eggplants  
2 cloves garlic, minced  
3 tablespoons olive oil  
1/4 cup balsamic vinegar  
2 tablespoons sugar  
dried oregano  
basil  
salt and pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Pierce eggplants several times with a fork, and place on a baking sheet.

Bake in the preheated oven for 1 1/2 hours, or until completely softened. Cool completely. Remove skin and chop fine. Transfer to a large mixing bowl, and set aside.

In a skillet, cook garlic in 1 tablespoon of oil over medium heat until lightly browned. Transfer to a small bowl. Stir in the remaining 2 tablespoons oil, the vinegar, sugar, oregano, and basil until well blended and sugar is dissolved. Pour over the eggplant, and toss to coat. Season to taste with salt and pepper, and toss again. Cover and refrigerate for at least one hour before serving.



# Eggplant Rollati Appetizer

## Ingredients

1/2 cup chopped fresh basil  
1/4 cup toasted pine nuts  
2 pints ricotta cheese  
salt and pepper to taste  
2 medium eggplants, sliced  
lengthwise into 1/2-inch  
1 tablespoon olive oil  
2 cups spaghetti sauce  
1/4 cup grated Parmesan cheese

## Directions

Combine basil, pine nuts, ricotta cheese, and salt and pepper to taste in medium size bowl. Place bowl in refrigerator.

Coat eggplant slices lightly with olive oil. Place in large saucepan over medium heat, apply pressure to release moisture from eggplant. Remove eggplant sliced when tender. Allow slices to cool to room temperature.

Spread a dollop of ricotta mixture over eggplant; roll up the slice of eggplant. Spoon marinara sauce over each rollati and sprinkle with Parmesan cheese.

# Slamtastic Eggplant Sandwich

## Ingredients

- 1 teaspoon vegetable oil
- 1 eggplant, cut into 1/2-inch slices
- 1 tablespoon mayonnaise
- 1 clove garlic, minced
- 4 crusty sandwich rolls, split and toasted
- 1 bunch fresh basil leaves
- 1 cup crumbled feta cheese

## Directions

Pour the oil into a large skillet and heat over medium-high heat. Place the eggplant slices in the heated pan and cook without moving until golden brown, about 4 minutes. Flip the eggplant and continue to cook until golden brown on the other side. Remove from heat.

Mix together the mayonnaise and garlic in a small bowl.

Lay the toasted rolls out, cut side up. Place the cooked eggplant on the bottom half of each roll. Layer the eggplant with fresh basil leaves and crumbled feta. Spread the garlic mayo very lightly over the cut side of the top each toasted roll. Place the tops on the prepared sandwich.

## Ingredients

1 tablespoon butter  
1 eggplant, peeled and thinly sliced  
1 fresh red chile pepper, seeded and chopped  
4 tomatoes, sliced  
1 red onion, sliced  
1/4 cup vinegar  
3 tablespoons vegetable oil  
1/4 cup unsweetened flaked coconut  
1/4 cup unsalted dry-roasted peanuts

## Directions

Melt butter in a large skillet over medium heat. Fry the eggplant in the butter until lightly browned, stirring frequently. Remove from heat, and set aside to cool slightly.

In a large bowl, combine the hot pepper, tomatoes, onion, and eggplant. Mix together the vinegar and oil, pour over the vegetables, and toss gently to coat. Cover, and chill for at least 3 hours, or overnight. Toss salad with coconut and peanuts just before serving.

# Eggplant and Lamb Stew

## Ingredients

- 2 tablespoons butter
- 1 1/2 pounds lamb shoulder
- 2 large eggplants, peeled and chopped
- 2 large tomatoes, chopped
- 2 large onions, chopped
- 2 green bell peppers, chopped
- 10 cloves garlic, chopped
- 1 tablespoon tomato paste
- 1/2 cup water
- 1 teaspoon allspice
- 2 teaspoons salt
- 1 teaspoon ground black pepper

## Directions

In a large pot, melt the butter over medium heat, and brown the lamb on all sides. Mix in the eggplants, tomatoes, onions, green bell peppers, and garlic. Cook and stir until tender and lightly browned.

In a small bowl, blend the tomato paste and water. Mix into the pot with the lamb. Season lamb with allspice, salt, and pepper. Reduce heat, and simmer about 1 1/2 hours, stirring occasionally, until the meat shreds easily with a fork. Add a little water as necessary to keep the ingredients moist.

# Eggplant Pizzas

## Ingredients

2 eggs  
1 cup all-purpose flour  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 teaspoon dried oregano  
1 large eggplant, sliced into 1/2 inch rounds  
1/4 cup vegetable oil  
1 (14 ounce) can pizza sauce  
1 1/2 cups shredded mozzarella cheese

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Beat the eggs in a bowl. Mix the flour, salt, pepper, and oregano in a 1 gallon resealable plastic bag. Dip each eggplant slice in the egg, then drop the eggplant in the flour mixture one at a time, shaking the bag to coat the eggplant.

Heat the vegetable oil in a large, deep skillet over medium heat. Place the eggplant slices in the skillet to cook, turning occasionally, until evenly browned. Drain the eggplant slices on a paper towel-lined plate. Arrange the eggplant in one layer on a baking sheet. Spoon enough pizza sauce to cover each eggplant slice. Top each eggplant with mozzarella cheese.

Bake in the preheated oven until the mozzarella cheese is melted, 5 to 10 minutes.

# Grilled Eggplant and Feta Farfalle

## Ingredients

1 eggplant, cut into 3/4 inch slices  
3 tablespoons olive oil, divided  
1 (16 ounce) package farfalle pasta  
1 red bell pepper, chopped  
2 carrots, peeled and diced  
2 onions, chopped  
6 cloves garlic, chopped  
1 (14.5 ounce) can diced tomatoes, undrained  
3/4 teaspoon dried oregano  
1/4 teaspoon dried basil  
1 teaspoon dried marjoram  
1/8 teaspoon dried mint  
1 pinch dried dill weed  
1/2 teaspoon celery salt  
1/8 teaspoon crushed red pepper flakes  
1 pinch ground cinnamon  
salt and pepper to taste  
1/4 cup grated Parmesan cheese  
8 ounces feta cheese, crumbled

## Directions

Preheat an outdoor grill for medium high heat, and lightly oil grate. Rub eggplant with olive oil, and sprinkle with salt and pepper. Grill until each side has golden brown grill marks and is fragrant. Let cool, then cut into cubes. Set aside.

Preheat oven to 325 degrees F (165 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat 1 tablespoon olive oil in a large pot over medium heat. Saute bell pepper, carrot, onion, and garlic until the onions are translucent. Stir in eggplant, and saute until it is tender. Add the diced tomatoes. Season with oregano, basil, marjoram, mint, dill, celery salt, crushed red pepper, cinnamon, salt and black pepper. Mix in Parmesan cheese. In a large bowl, combine pasta with vegetable mixture. Spoon into a 9x13 inch baking dish. Sprinkle top with feta cheese.

Cover, and bake in preheated oven for 15 minutes. Remove cover and continue baking for 10 minutes.

# No Eggplant Moussaka

## Ingredients

2 tablespoons butter  
2 onions, chopped  
1 tablespoon chopped parsley  
2 pounds ground lamb  
2 (16 ounce) cans whole peeled tomatoes  
1 tablespoon Italian seasoning  
salt and pepper to taste

2 tablespoons butter  
2 tablespoons all-purpose flour  
1 1/2 cups milk  
1 beaten egg  
1/2 cup shredded sharp Cheddar cheese

4 potatoes, peeled and thinly sliced

## Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a large casserole dish.

Heat 2 tablespoons butter in a large heavy skillet over medium heat. Saute onions and parsley until onion is soft and translucent. Increase heat, add lamb, and cook until evenly brown. Drain excess fat, and set aside.

In a large bowl, combine tomatoes, Italian seasoning, salt and pepper. Chop tomatoes, and mix well with seasonings. Set aside.

In a saucepan over medium heat, melt 2 tablespoons butter. Stir in flour until smooth. Whisk together milk and egg, then gradually whisk into flour mixture. Cook, stirring constantly until thick and smooth. Remove from heat, and stir in grated cheese.

In casserole dish, place 1/3 of potato slices on the bottom, covering as well as possible. Top with half of meat mixture followed by half of tomato mixture. Repeat layers, ending with a layer of potatoes. Spread cheese sauce evenly over the top.

Cover, and bake in preheated oven for 1 1/2 hours. Remove cover, and bake 30 minutes, or until lightly browned.

# Eggplant Parmesan II

## Ingredients

3 eggplant, peeled and thinly sliced  
2 eggs, beaten  
4 cups Italian seasoned bread crumbs  
6 cups spaghetti sauce, divided  
1 (16 ounce) package mozzarella cheese, shredded and divided  
1/2 cup grated Parmesan cheese, divided  
1/2 teaspoon dried basil

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.

In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.

Bake in preheated oven for 35 minutes, or until golden brown.



# Marrakesh Vegetable Curry

## Ingredients

- 1 sweet potato, peeled and cubed
- 1 medium eggplant, cubed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 carrots, chopped
- 1 onion, chopped
- 6 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon ground turmeric
- 1 tablespoon curry powder
- 1 teaspoon ground cinnamon
- 3/4 tablespoon sea salt
- 3/4 teaspoon cayenne pepper
- 1 (15 ounce) can garbanzo beans, drained
- 1/4 cup blanched almonds
- 1 zucchini, sliced
- 2 tablespoons raisins
- 1 cup orange juice
- 10 ounces spinach

## Directions

In a large Dutch oven place sweet potato, eggplant, peppers, carrots, onion, and three tablespoons oil. Saute over medium heat for 5 minutes.

In a medium saucepan place 3 tablespoons olive oil, garlic, turmeric, curry powder, cinnamon, salt and pepper and saute over medium heat for 3 minutes.

Pour garlic and spice mixture into the Dutch oven with vegetables in it. Add the garbanzo beans, almonds, zucchini, raisins, and orange juice. Simmer 20 minutes, covered.

Add spinach to pot and cook for 5 more minutes. Serve!

# Burgers with Chunky Grilled Vegetables

## Ingredients

1/3 cup balsamic vinegar  
2 teaspoons olive oil  
1 teaspoon minced garlic  
1/2 medium yellow bell pepper  
1/2 medium medium red bell pepper  
1 small zucchini, halved lengthwise  
1 baby eggplant or Japanese eggplant, halved lengthwise  
4 Morningstar Farms® Grillers® Original

## Directions

In small saucepan cook vinegar over low heat about 5 minutes or until reduced to 2 tablespoons and syrupy. Set aside.

In small bowl stir together olive oil and garlic. Brush bell peppers, zucchini and eggplant with olive oil mixture.

Grill peppers and zucchini over medium heat for 5 minutes, turning occasionally. Add burgers and eggplant to grill. Grill for 4 to 6 minutes more or until burgers are heated through and vegetables are tender, turning occasionally. Remove from grill. Cut vegetables into 3/4- to 1-inch pieces.

To serve, spoon vegetables on burgers. Drizzle with balsamic vinegar.

# Aunt Eileen's Stuffed Eggplant

## Ingredients

2 (1 pound) eggplants  
2 tablespoons olive oil  
1 medium onion, chopped  
3 cloves garlic, minced  
6 sprigs fresh parsley, chopped  
1 1/2 cups fresh bread crumbs  
1/2 cup grated Gruyere cheese  
2 tablespoons chopped black olives  
1 tablespoon capers  
1 lemon, juiced  
1 teaspoon chopped fresh basil  
1/4 teaspoon crushed red pepper flakes  
1 teaspoon salt  
pepper to taste  
12 slices tomato  
1/4 cup grated Gruyere cheese  
4 tablespoons olive oil

## Directions

Preheat oven to 350 degrees F (175 degrees C). Cut eggplant in half, scoop out the pulp, leaving a 1/2 inch shell. Chop the flesh finely.

Heat 2 tablespoons olive oil in a skillet over medium heat. Cook chopped eggplant for about 1 minute. Stir in onion, garlic, and parsley, and cook until tender. Transfer to a large bowl, and mix in bread crumbs, 1/2 cup Gruyere, chopped olives, capers, and lemon juice. Season with basil, pepper flakes, salt, and pepper. Stuff into eggplant shells.

Top stuffed eggplants with overlapping slices of tomato. Sprinkle evenly with remaining 1/4 cup cheese, and drizzle with remaining 4 tablespoons olive oil. Place on baking sheet.

Bake in preheated oven for 30 minutes.

# Chicken and Eggplant Alfredo

## Ingredients

5 cups vegetable oil  
4 eggs, beaten  
2 cups milk  
5 cups dry Italian bread crumbs  
3 large eggplants, sliced into 1/3 inch rounds  
3 pounds skinless, boneless chicken breasts, cut into strips and pounded to 1/4 inch thick  
16 ounces mozzarella cheese, grated  
2 (16 ounce) jars Alfredo Sauce

## Directions

Heat oil in deep-fryer to 375 degrees F (190 degrees C). Preheat oven to 225 degrees F (110 degrees C).

Blend eggs and milk together in a large bowl. Place bread crumbs in another large bowl. Dip eggplant slices first into egg mixture, then bread crumbs, coating well. Fry in batches in hot oil, turning to brown evenly, then transfer to a paper towel-lined dish to drain. Repeat process for the chicken, lightly browning but not overcooking.

Generously grease a large, deep baking dish. Working in single layers, arrange eggplant, then chicken, then shredded mozzarella cheese, until all ingredients are gone. Pour Alfredo sauce evenly over the top.

Bake in the preheated oven for 30 minutes. Increase heat to 350 degrees F (175 degrees C), and continue baking for another 20 minutes. Serve hot.

# Bangan ka Bhurta (Indian Eggplant)

## Ingredients

- 1 eggplant
- 1 teaspoon vegetable oil
- 1 medium onion, chopped
- 2 roma (plum) tomatoes, chopped
- 1/4 teaspoon ground cayenne pepper
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 sprigs chopped fresh cilantro

## Directions

Preheat the oven broiler. Place eggplant in a roasting pan, and broil 5 minutes, turning occasionally, until about 1/2 the skin is scorched.

Place eggplant in microwave safe dish. Cook 5 minutes on High in the microwave, or until tender. Cool enough to handle, and remove skin, leaving some scorched bits. Cut into thick slices.

Heat oil in a skillet over medium heat, stir in the onion, and cook until tender. Mix in eggplant, and tomatoes. Season with cayenne pepper, salt, and black pepper. Continue to cook and stir until soft. Garnish with cilantro to serve.

# Tasty Fried Eggplant Balls

## Ingredients

1 3/4 teaspoons salt  
1 large eggplant, peeled and cubed  
1/4 cup chopped onion  
3/4 cup chopped green bell pepper  
1 1/2 cups bread crumbs  
2 eggs  
1/2 ounce shredded Cheddar cheese  
1 teaspoon paprika  
1/4 teaspoon ground black pepper  
1/2 cup all-purpose flour  
1 quart vegetable oil for frying

## Directions

In a medium-size pot, place one inch of water, 1/2 teaspoon salt, and eggplant. Cover pot and cook 15 minutes, or until eggplant is tender. Drain well.

Chop the cooked eggplant. In a large bowl, combine eggplant, onion, green pepper, 3/4 cup bread crumbs, 1 egg, cheese, paprika, pepper and remaining salt. Cool and chill 2 to 3 hours or overnight.

Place flour in a bowl. Beat the remaining egg in a separate small bowl. Drop mixture by heaping teaspoonfuls into the flour and coat completely. Then dip the eggplant balls into the beaten egg; finally, coat the balls with the remaining bread crumbs.

In a large skillet, heat vegetable oil and fry eggplant balls until they are heated through.

# Eggplant Tomato Bake

## Ingredients

1/2 cup all-purpose flour  
1/2 cup dry bread crumbs  
2 tablespoons Italian seasoning  
2 eggs  
2 tablespoons water  
1 small eggplant, sliced into 1/4 inch rounds  
1 tablespoon peanut oil  
1 (14 ounce) jar spaghetti sauce  
1 cup ricotta cheese  
1 cup grated Parmesan cheese  
1 tomato, thinly sliced  
1 (8 ounce) package angel hair pasta

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a plastic bag, combine the flour, bread crumbs and Italian seasoning. Shake to mix. In a shallow bowl, whisk together the eggs and water. Heat the oil in a large skillet over medium-high heat. There should be enough oil to thinly coat the bottom of the skillet. Dip the eggplant slices in egg, then place in the bag and shake to coat. Fry the slices in the skillet until golden brown on each side. Remove, and drain on paper towels.

Spread a thin layer of spaghetti sauce in the bottom of a 9 inch square baking dish. Cover with the eggplant slices, then top with more sauce. Mix together the ricotta cheese and Parmesan cheese; spread over the eggplant. Spread sauce over the cheese, and top with tomato slices. Cover with more sauce, and spread remaining cheese over the top.

Bake for 30 minutes in the preheated oven, or until cheese is melted and sauce is bubbling.

Meanwhile, bring a large pot of lightly salted water to a boil. Add the pasta, and cook for about 3 minutes, or until tender. Drain. Serve the eggplant tomato bake over pasta.

# Baingan Bharta (Eggplant Curry)

## Ingredients

- 1 large eggplant
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1 medium onion, thinly sliced
- 1 tablespoon ginger garlic paste
- 1 tablespoon curry powder
- 1 tomato, diced
- 1/2 cup plain yogurt
- 1 fresh jalapeno chile pepper, finely chopped
- 1 teaspoon salt
- 1/4 bunch cilantro, finely chopped

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Place eggplant on a medium baking sheet. Bake 20 to 30 minutes in the preheated oven, until tender. Remove from heat, cool, peel, and chop.

Heat oil in a medium saucepan over medium heat. Mix in cumin seeds and onion. Cook and stir until onion is tender.

Mix ginger garlic paste, curry powder, and tomato into the saucepan, and cook about 1 minute. Stir in yogurt. Mix in eggplant and jalapeno pepper, and season with salt. Cover, and cook 10 minutes over high heat. Remove cover, reduce heat to low, and continue cooking about 5 minutes. Garnish with cilantro to serve.



# Eggplant Casserole

## Ingredients

4 cups water  
1 medium eggplant, peeled and cubed  
1 1/2 pounds ground beef  
1 medium onion, chopped  
1 medium green pepper, chopped  
3 medium tomatoes, chopped  
salt and pepper to taste  
1/2 cup milk  
1 egg, beaten  
1/2 cup dry bread crumbs  
2 tablespoons butter or margarine, melted

## Directions

In a saucepan, bring the water to a boil; add eggplant. Boil for 5-8 minutes or until tender; drain and set aside. In a skillet, cook beef, onion and green pepper over medium heat until the meat is no longer pink; drain. Add the tomatoes, salt and pepper. Cook and stir for 5 minutes or until tomato is tender. Remove from the heat. Stir in milk, egg and eggplant; mix well. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Toss bread crumbs and butter; sprinkle over top. Bake, uncovered, at 375 degrees F for 30 minutes or until heated through.

# Grilled Veggie-Portobello Mushroom Burgers

## Ingredients

6 large portobello mushroom, stems removed  
1 eggplant, sliced into 1/2 inch rounds  
1 medium yellow squash, cut into 1/4-inch slices  
1 zucchini, cut into 1/4-inch slices  
1 (16 fl oz) bottle balsamic vinaigrette  
1 (4 ounce) package crumbled blue cheese  
6 hamburger buns, split and lightly toasted

## Directions

Place the mushrooms, eggplant, winter squash, and zucchini into a shallow bowl or baking dish. Drizzle with the balsamic vinaigrette, turning to coat evenly. Cover, and refrigerate at least 2 hours, or up to 24 hours, stirring occasionally.

Preheat grill to medium-high heat.

Drain vegetables and discard marinade. Place vegetables on preheated grill, and cook until lightly browned, turning once, or about 3 minutes on each side. (Note that cooking times vary between grills.) Sprinkle the mushrooms with blue cheese, and let the cheese melt slightly.

Open the 6 hamburger buns and divide the eggplant, squash, and zucchini among bottom halves. Place the portobello mushrooms on top of the vegetables, cheese side up. Top with the remaining 6 hamburger bun halves. If necessary, use toothpicks to hold the buns in place. Serve immediately.

# Crispy Chinese Noodles with Eggplant and

## Ingredients

1 medium eggplant, cubed  
1 teaspoon salt  
16 ounces fresh Chinese wheat noodles  
2 tablespoons sherry  
1 tablespoon cornstarch  
1/4 cup red wine vinegar  
1/3 cup water  
1 tablespoon minced fresh ginger root  
1 tablespoon white sugar  
2 tablespoons vegetarian fish sauce  
2 cups sliced onion  
3 tablespoons canola oil  
4 cloves garlic, minced  
1 red bell pepper, julienned  
4 tablespoons chopped, unsalted dry-roasted peanuts  
1 tablespoon chopped fresh mint (optional)

## Directions

Place the eggplant cubes into a colander. Add the salt and toss well. Let the eggplant drain for 15 minutes, then rinse it lightly with water. Let the eggplant drain again in the colander.

Bring a large pot of water to a boil. Add the noodles and boil them for about 5 minutes, until they are tender. Drain and rinse well with cold water. Let the noodles drain in a colander for at least 10 minutes.

Combine the sherry with the cornstarch in a small bowl. Mix well and set aside.

In a saucepan combine the red wine vinegar, water, ginger, sugar, imitation fish sauce and onions. Bring the mixture to a boil, turn the heat to low and let the mixture simmer for 5 minutes.

In a large skillet, preferably non-stick, heat 1 1/2 tablespoons oil over medium-high heat. Add the eggplant, and cook it for 5 minutes, stirring frequently. Add the garlic and red pepper and cook, stirring occasionally for 5 minutes more or until the eggplant softens. Add both the onion-vinegar mixture and the cornstarch-sherry mixture. Cook for 2 to 3 minutes, stirring occasionally. Keep the mixture warm.

In a large non-stick skillet heat the remaining 1 1/2 tablespoons oil over medium-high heat. When the oil begins to smoke, add the noodles, then place two or three plates on top of them so that more surface area will brown. Let the noodles sit over medium-high heat for 5 minutes. When the noodles have developed a golden brown crust on the underside remove the plates, turn the noodles over with a spatula and cook them 5 minutes on the other side. Then take the pan off the heat.

Add the peanuts to the eggplant mixture, and spoon it onto plates. Divide the noodles into four parts, and place them atop the vegetables and sauce. Sprinkle with mint, if you like, and serve.

# No Frying Eggplant Parmesan

## Ingredients

2 cups seasoned dry bread crumbs  
1 1/2 cups grated Parmesan cheese  
2 (1 pound) medium eggplants, peeled and cut into 1/4-inch slices  
4 eggs, beaten with  
3 tablespoons water  
1 (26 ounce) jar Ragu® Robusto!® Pasta Sauce  
1 1/2 cups shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F. Combine bread crumbs with 1/2 cup Parmesan cheese in medium bowl. Dip eggplant slices in egg mixture, then bread crumb mixture. Arrange eggplant slices in single layer on lightly oiled baking sheets. Bake 25 minutes or until eggplant is golden.

Evenly spread 1 cup Pasta Sauce in 13 x 9-inch baking dish. Layer 1/2 of the baked eggplant slices, then 1 cup sauce and 1/2 cup Parmesan cheese; repeat. Cover with aluminum foil and bake 45 minutes. Remove foil and sprinkle with mozzarella cheese. Bake uncovered an additional 10 minutes or until cheese is melted.

# Vegetable Stuffed Cannelloni

## Ingredients

- 8 cannelloni noodles
- 5 cloves garlic, minced
- 5 shallots, chopped
- 2 tablespoons olive oil
- 1 cup dry sherry
- 2 cups heavy whipping cream
- salt and pepper to taste
- 1 onion, chopped
- 1 cup fresh sliced mushrooms
- 1 zucchini, chopped
- 1 small eggplant, diced
- 2 roasted red bell peppers, diced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 3/4 cup ricotta cheese
- 1 cup grated Parmesan cheese

## Directions

In a large pot of salted water, parboil cannelloni. (Parboiling is partially cooking the noodles in boiling water; they will finish cooking when baked.)

Meanwhile, cook 2 cloves garlic and 2 shallots in 1 tablespoon olive oil in a medium saucepan over medium heat for 30 seconds. Pour in sherry, raise heat to high, and reduce liquid by half. Stir in cream, and reduce until there is about 1 1/2 cups liquid. Remove from heat, and season with salt and pepper to taste. Set cream sauce aside.

In a large skillet, heat one tablespoon olive oil over medium heat. Cook onion, 3 shallots, 3 cloves garlic, mushrooms, zucchini, and eggplant in olive oil until all vegetables are tender. Transfer to a large bowl. Stir in red peppers, basil, oregano, ricotta, and Parmesan cheese. Season to taste with salt and pepper. Set filling aside.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch baking dish. Stuff vegetable/cheese filling into cannelloni. Place in prepared baking dish, and cover with cream sauce.

Bake in preheated oven for 25 minutes.

# Eggplant and Mushrooms with Wild Rice

## Ingredients

3 tablespoons butter  
3 tablespoons olive oil, divided  
1 large eggplant, peeled and cubed  
1 medium onion, chopped  
8 ounces fresh mushrooms, sliced  
1/2 teaspoon minced garlic  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1 teaspoon Italian seasoning  
1 cup chicken broth  
1 (10.75 ounce) can condensed cream of mushroom soup  
1/2 cup half-and-half or light cream  
1 cup cooked wild rice

## Directions

Heat butter and 1 tablespoon of olive oil in a large skillet. Add the eggplant, and fry until tender, about 5 minutes. Remove eggplant from the skillet, and keep warm.

Add the remaining 2 tablespoons of olive oil to the skillet, and fry the onion and mushrooms until tender, about 5 minutes. Return the eggplant to the pan, and season with garlic, salt, pepper, and Italian seasoning. Cook and stir for one minute to blend the flavors.

Stir in the chicken broth, and simmer for about 5 minutes, until most of the liquid is reduced or absorbed. Stir in cream of mushroom soup, half-and-half cream, and cooked wild rice. Simmer over low heat for 15 minutes, stirring occasionally. Taste and adjust seasoning with salt and pepper if desired.

# Thai Charred Eggplant with Tofu

## Ingredients

5 small eggplants  
3 fresh green chile peppers  
4 cloves garlic, peeled  
1 tablespoon chopped fresh cilantro  
1 small onion, quartered  
3 teaspoons light brown sugar  
2 tablespoons lime juice  
1 tablespoon vegetable oil  
8 ounces tofu, diced  
1/2 cup chopped fresh basil

## Directions

Preheat the grill for high heat.

Oil the grill grate, and cook the eggplants on all sides until charred and black, about 15 minutes. Remove from heat, and place on a rack to cool. Peel, slice diagonally, and set aside.

In a food processor or blender, combine the chile peppers, garlic, cilantro, onion, sugar, and lime juice. Process until smooth.

Heat oil in a large skillet over high heat, and add the chile mixture. Reduce heat to medium, and cook for 1 minute. Gently stir in the tofu, 1/4 cup of basil, and the eggplant. Cook until heated through. Remove to a serving dish, and garnish with the remaining basil.

# Moussaka

## Ingredients

3 eggplants, peeled and cut lengthwise into 1/2 inch thick slices  
salt  
1/4 cup olive oil  
1 tablespoon butter  
1 pound lean ground beef  
salt to taste  
ground black pepper to taste  
2 onions, chopped  
1 clove garlic, minced  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/2 teaspoon fines herbs  
2 tablespoons dried parsley  
1 (8 ounce) can tomato sauce  
1/2 cup red wine  
1 egg, beaten

4 cups milk  
1/2 cup butter  
6 tablespoons all-purpose flour  
salt to taste  
ground white pepper, to taste

1 1/2 cups freshly grated Parmesan cheese  
1/4 teaspoon ground nutmeg

## Directions

Lay the slices of eggplant on paper towels, sprinkle lightly with salt, and set aside for 30 minutes to draw out the moisture. Then in a skillet over high heat, heat the olive oil. Quickly fry the eggplant until browned. Set aside on paper towels to drain.

In a large skillet over medium heat, melt the butter and add the ground beef, salt and pepper to taste, onions, and garlic. After the beef is browned, sprinkle in the cinnamon, nutmeg, fines herbs and parsley. Pour in the tomato sauce and wine, and mix well. Simmer for 20 minutes. Allow to cool, and then stir in beaten egg.

To make the bechamel sauce, begin by scalding the milk in a saucepan. Melt the butter in a large skillet over medium heat. Whisk in flour until smooth. Lower heat; gradually pour in the hot milk, whisking constantly until it thickens. Season with salt, and white pepper.

Arrange a layer of eggplant in a greased 9x13 inch baking dish. Cover eggplant with all of the meat mixture, and then sprinkle 1/2 cup of Parmesan cheese over the meat. Cover with remaining eggplant, and sprinkle another 1/2 cup of cheese on top. Pour the bechamel sauce over the top, and sprinkle with the nutmeg. Sprinkle with the remaining cheese.

Bake for 1 hour at 350 degrees F (175 degrees C).



# Cheesy Eggplant Casserole

## Ingredients

1 eggplant, peeled and diced  
1 1/2 cups shredded Cheddar cheese  
1 cup dry bread stuffing mix  
1 clove garlic, crushed  
2 tablespoons diced onion  
1 egg, lightly beaten  
1 teaspoon dried Italian seasoning  
salt and pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the eggplant in a medium microwave safe dish. Cook, stirring once, in the microwave 5 minutes on High, or until tender. Transfer to a 9x9 inch baking dish. Mix in 1/2 cup Cheddar cheese, stuffing mix, garlic, onion, and egg. Season with Italian seasoning, salt, and pepper.

Bake 15 minutes in the preheated oven. Top with remaining cheese, and continue baking 15 minutes, until cheese is bubbly and lightly browned.

# Caponata Appetizer

## Ingredients

1 tablespoon vegetable oil  
1 large eggplant, cut into cubes  
1 Spanish onion, chopped  
1 large red bell pepper, chopped  
2 cloves garlic, minced  
1 (10.75 ounce) can Campbell's®  
Condensed Tomato Soup  
(Regular or B Healthy Request®)  
1 1/3 cups water  
1 teaspoon dried oregano leaves,  
crushed  
Assorted Pepperidge Farm  
crackers

## Directions

Heat the oil in a 6-quart saucepot over medium-high heat. Add the eggplant, onion, pepper and garlic and cook for 10 minutes or until the eggplant is tender-crisp.

Stir in the soup and water and heat to a boil. Reduce the heat to low. Cover and cook for 40 minutes or until the vegetables are tender.

Stir in the oregano. Serve the caponata warm or at room temperature with the crackers.

# Stuffed Eggplant

## Ingredients

1 eggplant, halved lengthwise  
salt and pepper to taste  
1/2 cup olive oil, divided  
1 pound sweet Italian sausage,  
casings removed  
2 cloves garlic, chopped  
2 tablespoons chopped fresh  
parsley  
1/2 cup white wine  
2 cups Italian seasoned bread  
crumbs  
1/2 cup grated Parmesan cheese,  
divided

## Directions

Preheat oven to 350 degrees F (175 degrees C). Scoop out the flesh of the eggplant, chop, and reserve. Season shells with salt and pepper, and coat with some olive oil; set aside.

Heat 1/4 cup olive oil in a large, deep skillet over medium high heat. Saute sausage and garlic until sausage is evenly brown. Stir in the reserved chopped eggplant. Season with parsley, salt and pepper. Pour in wine, and cook 5 minutes. Mix in the bread crumbs and 1/4 cup Parmesan cheese. If mixture is dry, stir in more olive oil. Stuff mixture into eggplant shells, and sprinkle top with remaining Parmesan cheese.

Bake in preheated oven for 30 to 40 minutes, or until eggplant is tender.

# Sweet Potato and Curried Red Lentil Pizza

## Ingredients

3/4 cup dry red lentils  
1 1/2 cups water  
1 tablespoon olive oil  
2 cloves garlic, minced  
1 small onion, chopped  
1/2 small eggplant, diced  
1 (1 pound) sweet potato, cubed  
1 (14.5 ounce) can Italian-style diced tomatoes, undrained  
1 teaspoon ground ginger  
1 1/2 teaspoons curry powder  
1 tablespoon ground cumin  
salt and pepper to taste  
1 (12 inch) thin prebaked whole wheat pizza crust  
1/4 cup grated Romano cheese

## Directions

Combine the lentils and water in a small saucepan. Bring to a boil, then cover and simmer over low heat for about 20 minutes, or until tender. Drain, and set aside.

Preheat the oven to 375 degrees F (190 degrees C). Spray a pizza pan with non-stick cooking spray.

Heat oil in a skillet over medium heat. Stir in garlic and onions; cook until soft and slightly browned. Stir in eggplant and sweet potato. Pour in about 1/2 cup of liquid from canned tomatoes. Simmer until juices are absorbed.

Stir in tomatoes, ginger, curry powder, cumin, salt, and pepper; simmer until sweet potato begins to soften, about 15 to 20 minutes. (If juices cook off before potatoes are fully cooked, stir in a small amount of water, and cover.)

Place pizza crust on pizza pan. Spread the lentils evenly across the surface of the crust out to the edges. Spread sweet potato mixture evenly on top, and sprinkle with cheese.

Bake in a preheated oven until the edges are browned, about 10 to 13 minutes.

# Vegetarian Lasagna

## Ingredients

1 (16 ounce) can diced tomatoes  
1 (16 ounce) package instant lasagna noodles  
1 bunch fresh spinach, washed and chopped  
2 large carrots, shredded  
2 large zucchini, diced  
2 summer squash, diced  
1 large eggplant, diced  
1 large head broccoli, cut into florets  
2 teaspoons dried oregano  
salt and pepper to taste  
1 cup shredded mozzarella cheese (optional)  
1 cup ricotta cheese (optional)

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease one 9x13 inch baking dish.

Place a layer of tomatoes in the bottom of the baking dish, followed by a layer of noodles, spinach, carrots, zucchini, summer squash, eggplant and broccoli. Season to taste with oregano, salt and pepper. Repeat layering of ingredients until all are used up. If using cheeses sprinkle over broccoli layers and on top of dish.

Bake at 375 degrees F (190 degrees C) for 25 to 35 minutes.

# Chinese Eggplant Fries

## Ingredients

2 cups all-purpose flour  
1 cup cornmeal  
1 pinch cayenne pepper, or to taste  
salt and pepper to taste  
2 eggs, beaten  
3 tablespoons vegetable oil  
2 eggplants, peeled and sliced into fries

## Directions

In a shallow bowl, stir together the flour, cornmeal, cayenne pepper, salt, and black pepper. Place the eggs in a separate bowl.

Heat the oil in a large skillet over medium heat. A few at a time, dip the eggplant pieces into the egg, then into the flour mixture, then back into the egg, and back into the flour mixture. Fry the eggplant in the hot oil until golden brown. Drain on paper towels, and serve immediately.

# Eggplant Red Gravy with Anchovies

## Ingredients

3 tablespoons olive oil  
1 large onion, chopped  
1 green bell pepper, seeded and cubed  
3 cloves garlic, minced  
1 pinch red pepper flakes (optional)  
1/8 teaspoon dried oregano  
1 bay leaf  
4 cups peeled, cubed eggplant  
1 (16 ounce) can crushed Italian tomatoes, with liquid  
1/4 cup tomato paste (optional)  
2 cups sliced fresh mushrooms  
1 1/2 (2 ounce) cans anchovies with capers, mashed  
salt and ground black pepper to taste  
1 (16 ounce) package angel hair pasta  
1/2 cup grated Parmesan cheese for topping

## Directions

Heat the oil in a heavy saucepan over medium heat. Add the onion, bell pepper, garlic, red pepper flakes, oregano, and bay leaf. Cook and stir until the onion is tender.

Stir in the eggplant, tomatoes (with liquid), tomato paste, mushrooms, and anchovies. Cover, and simmer over low heat until eggplant is tender, about 30 minutes. Stir frequently. When the eggplant is tender, remove the lid, and cook until most of the liquid from the tomatoes has boiled off. Season with salt and pepper to taste.

While the sauce is simmering, bring a large pot of lightly salted water to a boil. Add the pasta, and cook for 4 minutes, or until tender. Drain, and stir in the eggplant gravy. Top with Parmesan cheese, and serve.

# Eggplant Pasta Bake

## Ingredients

1 large eggplant, peeled and thinly sliced  
1/2 pound dry penne pasta  
1 large onion, chopped  
1 red bell pepper, chopped  
2 cloves garlic  
1 ancho chile pepper, chopped (optional)  
2 tablespoons olive oil  
6 tablespoons butter  
6 tablespoons all-purpose flour  
2 cups milk  
1 (12 ounce) package vegetarian burger crumbles  
1 1/2 cups shredded mozzarella cheese

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly oil a large, deep casserole dish. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Arrange the sliced eggplant on a greased cookie sheet and bake in the preheated oven for 20 minutes.

In a food processor, puree the onion, bell pepper, garlic and optional ancho chile pepper. If the mixture is too thick add a tablespoon of water. In a large skillet, heat the oil over medium heat. Pour the onion mixture into the pan and cook, stirring occasionally, for 10 minutes or until the liquid has evaporated and the mixture has thickened. Remove from the heat and set aside.

In a medium saucepan, melt butter over low heat. Stir in flour until smooth. Add milk, stirring until smooth. Remove from heat.

Arrange half of the baked eggplant in the greased casserole dish. Spoon in half of the white sauce, covering the eggplant. Spread the veggie crumbles over the white sauce, followed by the pasta, and a layer of the bell pepper puree. Cover the the onion and pepper mixture with remaining eggplant and spoon the remaining white sauce over the eggplant. Sprinkle the mozzarella cheese over the casserole.

Bake uncovered in the preheated oven for 35 minutes. Let stand 10 minutes before serving.



# Rigatoni with Eggplant, Mushrooms and Goat

## Ingredients

1 (16 ounce) package rigatoni pasta  
3 tablespoons olive oil  
1 large onion, chopped  
2 cloves garlic, sliced  
1 (8 ounce) package fresh mushrooms, coarsely chopped  
1 eggplant, cut into 1/2 inch cubes  
1 (28 ounce) can crushed tomatoes in puree  
1/2 cup chicken broth  
15 kalamata olives, pitted and chopped  
1 teaspoon dried thyme  
1 1/2 teaspoons salt  
1/4 teaspoon crushed red pepper flakes  
8 ounces goat cheese, cut into large chunks

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat olive oil in a large saucepan over medium low heat. Saute onion and garlic until soft and translucent, about 5 minutes. Increase heat to medium high. Stir in mushrooms, and cook until lightly browned, about 5 minutes. Stir in the eggplant, and cook 5 minutes. Stir in the tomatoes, chicken broth and olives. Season with thyme, salt and red pepper flakes. Bring to a boil. Reduce heat, cover, and simmer 30 minutes, or until eggplant is tender. Toss with pasta and goat cheese.

# Posole Stew

## Ingredients

8 ounces blue corn posole  
2 quarts water  
Salt to taste  
3 cloves garlic, minced  
10 drops hot pepper sauce  
1 1/2 pounds pork loin, cut into 1 inch cubes  
3 tablespoons ketchup  
2 tablespoons diced green chile pepper  
1 tablespoon dried minced onion  
3 carrots  
1/3 large eggplant, diced  
1 onion, chopped  
2 yellow squash, chopped  
3 cloves garlic, minced

## Directions

Soak the posole in 6 cups of salted water overnight. Drain and rinse.

In a large stock pot combine 2 quarts water, salt to taste, garlic and hot pepper sauce. Bring to a boil and boil for two hours, checking often to make sure posole is fully covered; add water as necessary. If adding meat, do so at this time. Cook one more hour.

Add the ketchup, green chile peppers, onion flakes, carrots, eggplant, onion, squash and garlic. Stir together and reduce heat to low. Let simmer for 1/2 hour to 1 hour depending on altitude.

# Cindy's Ritzy Eggplant

## Ingredients

1 (8 ounce) package buttery round crackers  
1 teaspoon onion powder  
1 teaspoon black pepper  
1 teaspoon garlic powder  
1 teaspoon salt  
2 eggs, beaten  
1/2 lime, juiced  
1 eggplant, peeled and sliced into 1/2 inch rounds  
3/4 cup freshly grated Parmesan cheese

## Directions

Preheat oven to 375 degrees F (190 degrees C). Spray baking sheet with cooking spray or lightly grease with olive oil.

Crumble crackers into a large bowl. Stir in onion powder, black pepper, garlic powder, and salt.

In a separate bowl, stir together eggs and lime juice.

Dip eggplant slices into egg mixture, then dredge in cracker mix, and place on baking sheet.

Bake in preheated oven for 15 minutes. Turn eggplant pieces, top with grated cheese, and cook an additional 15 minutes.

# Spicy Eggplant

## Ingredients

2 tablespoons vegetable oil  
4 Japanese eggplants, cut into 1-inch cubes  
2 tablespoons vegetable oil  
2 onions, thinly sliced  
1 tablespoon minced garlic  
2 tablespoons soy sauce  
2 tablespoons water  
1 1/2 tablespoons oyster sauce  
1 tablespoon chili garlic sauce  
1 teaspoon white sugar  
ground black pepper to taste  
1/2 teaspoon Asian (toasted) sesame oil

## Directions

Heat 2 tablespoons of oil in a large skillet or wok over medium-high heat until almost smoking. Cook and stir the eggplant cubes until they begin to brown, 3 to 5 minutes. Remove the eggplant with a slotted spoon, and set aside.

Heat 2 more tablespoons of oil in the skillet over medium-high heat, and cook and stir the onions just until they begin to soften, about 30 seconds. Stir in the garlic, and cook and stir an additional 30 seconds. Mix in the soy sauce, water, oyster sauce, chili garlic sauce, sugar, and black pepper, and stir to form a smooth sauce. Return the eggplant to the skillet, lower the heat, and allow the vegetables and sauce to simmer until the eggplant is tender and almost all the liquid has been absorbed, about 5 minutes. Drizzle sesame oil over the dish, and give one final brief stir to combine.

# Roasted Garlic and Eggplant Soup

## Ingredients

- 1 bulb garlic
- 1/4 teaspoon olive oil
- 1 (1 1/2 pound) eggplant
- 1 tablespoon olive oil
- 1/4 cup finely chopped onion
- 6 cups chicken broth
- 3/4 cup tomato puree
- 1 dash cayenne pepper
- 1 1/4 cups half-and-half
- 1 teaspoon Worcestershire sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with foil.

Peel away any excess paper from the bulb of garlic, then cut the top off to expose the cloves. Rub exposed cloves with 1/4 teaspoon olive oil, and set onto the prepared baking sheet. Poke the eggplant all over with a fork; place onto baking sheet.

Bake in preheated oven until the garlic has turned golden brown and the eggplant is tender, 30 to 40 minutes. Allow to cool until cool enough to handle. Peel eggplant and chop into large chunks; peel or squeeze the roasted garlic from its skin, and set aside.

Heat 1 tablespoon olive oil in a large saucepan over medium heat. Stir in onion, and cook until soft and translucent, about 5 minutes. Pour in chicken broth, then stir in reserved eggplant, roasted garlic, tomato puree, and cayenne pepper. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer for 40 minutes.

Once cooked, carefully puree soup in batches in a blender or food processor until smooth. Return soup to the stove in a clean saucepan. Stir in half-and-half, season to taste with salt and pepper; cook over medium-low heat until hot.

# Eggplant Sandwiches

## Ingredients

1 small eggplant, halved and sliced  
1 tablespoon olive oil, or as needed  
1/4 cup mayonnaise  
2 cloves garlic, minced  
2 (6 inch) French sandwich rolls  
1 small tomato, sliced  
1/2 cup crumbled feta cheese  
1/4 cup chopped fresh basil leaves

## Directions

Preheat your oven's broiler. Brush eggplant slices with olive oil, and place them on a baking sheet or broiling pan. Place the pan about 6 inches from the heat source. Cook under the broiler for 10 minutes, or until tender and toasted.

Split the French rolls lengthwise, and toast. In a cup or small bowl, stir together the mayonnaise and garlic. Spread this mixture on the toasted bread. Fill the rolls with eggplant slices, tomato, feta cheese and basil leaves.

# Roasted Eggplant and Garlic Hummus

## Ingredients

1 eggplant, cut into 1/2-inch slices  
2 tablespoons olive oil  
2 cloves garlic, peeled and thinly sliced  
1 (15 ounce) can garbanzo beans, drained  
1/2 teaspoon salt

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.

Place the eggplant slices on the prepared baking sheet, and brush them generously with olive oil. Place garlic slices on top of the eggplant.

Bake the eggplant in the preheated oven until soft and golden brown, 15 to 20 minutes.

Place the roasted eggplant slices and garlic into the work bowl of a food processor with the garbanzo beans and salt, and process until smooth.

# Eggplant Bake

## Ingredients

1 tablespoon olive oil  
2 eggs, lightly beaten  
1 cup Italian seasoned dry bread crumbs  
1 eggplant, sliced into 1/2 inch rounds  
salt to taste  
1 medium onion, sliced  
2 tomatoes, sliced  
1 cup grated Parmesan cheese  
1 cup crumbled feta cheese  
4 slices Muenster cheese, torn into strips

## Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray.

Heat the oil in a skillet over medium heat. Place eggs and bread crumbs in 2 separate bowls. Dip eggplant slices in eggs, then in bread crumbs to coat. Fry coated eggplant slices in the skillet until golden brown. Season with salt, and drain on paper towels.

In the prepared baking dish, layer eggplant, onion, tomatoes, Parmesan cheese, and feta cheese. Top with strips of Muenster.

Bake 30 minutes in the preheated oven, until cheese is melted and bubbly.



# Layered Eggplant Hamburger Casserole

## Ingredients

- 1 1/2 pounds lean ground beef
- 2 onions, chopped
- 2 cloves garlic, minced
- 1 (6 ounce) can tomato paste
- 2 1/4 cups water
- 1 (14.5 ounce) can peeled and diced tomatoes
- 1/3 cup dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 eggplant
- 1 onion, sliced
- 1/2 cup dry bread crumbs
- 1 cup grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, saute the ground beef, onion and garlic for 5 to 10 minutes. Drain excess fat. Stir in the tomato paste, water, tomatoes, parsley, thyme, oregano and basil. Set aside.

Slice eggplant into 1/4-inch rounds. Place a layer of eggplant into the bottom of a lightly greased 9x12-inch glass baking dish. Then place a layer of the ground beef mixture over the eggplant, followed by a layer of sliced onion. Top this with 1/2 the breadcrumbs and cheese. Then repeat the layers: eggplant, ground beef mixture, sliced onion and remaining breadcrumbs and cheese.

Cover and bake at 350 degrees F (175 degrees C) for 1 hour, remove foil and bake for 20 more minutes.

# Ratatouille Pasta

## Ingredients

2 cups diced peeled eggplant  
2 cups sliced zucchini  
1/2 teaspoon salt  
1 1/3 cups uncooked spiral pasta  
1 cup sliced onion  
1 tablespoon olive oil  
1 (14.5 ounce) can diced tomatoes, undrained  
2 tablespoons tomato paste  
1 teaspoon dried oregano  
1/2 teaspoon garlic powder  
1/2 teaspoon dried basil  
Dash pepper  
1 cup shredded part-skim mozzarella cheese

## Directions

Place eggplant and zucchini in a colander over a plate; sprinkle with salt and toss. Let stand for 30 minutes; rinse and drain well.

Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, saute the eggplant, zucchini and onion in oil until tender. Add the tomatoes, tomato paste, oregano, garlic powder, basil and pepper. Bring to a boil. Reduce heat; cook, uncovered, over medium-low heat for 3 minutes, stirring occasionally.

Drain pasta; place on an ovenproof platter. Top with vegetable mixture. Sprinkle with mozzarella cheese. Broil 4-6 in. from the heat until cheese is melted.

# Eggplant Mixed Grill

## Ingredients

2 tablespoons olive oil  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh oregano  
2 tablespoons chopped fresh basil  
1 tablespoon balsamic vinegar  
1 teaspoon kosher salt  
1/2 teaspoon black pepper  
6 cloves garlic, minced  
1 red onion, cut into wedges  
18 spears fresh asparagus, trimmed  
12 crimini mushrooms, stems removed  
1 (1 pound) eggplant, sliced into 1/4 inch rounds  
1 red bell pepper, cut into wedges  
1 yellow bell pepper, cut into wedges

## Directions

In a large resealable plastic bag, mix the olive oil, parsley, oregano, basil, vinegar, kosher salt, pepper, and garlic. Place the onion, asparagus, mushrooms, eggplant, red bell pepper, and yellow bell pepper into the bag. Seal, and marinate 2 hours in the refrigerator, turning occasionally

Preheat the grill for high heat.

Lightly oil the grill grate. Grill the vegetables 6 minutes on each side, until tender.

# Garden Casserole

## Ingredients

2 pounds eggplant, peeled  
5 teaspoons salt, divided  
1/4 cup olive oil  
2 medium onions, finely chopped  
2 garlic cloves, minced  
2 medium zucchini, sliced 1/2-inch thick  
5 medium tomatoes, peeled and chopped  
2 celery ribs, sliced  
1/4 cup minced fresh parsley  
1/4 cup minced fresh basil  
1/2 teaspoon pepper  
1/2 cup grated Romano cheese  
1 cup dry Italian bread crumbs  
2 tablespoons butter, melted  
1 cup shredded mozzarella cheese

## Directions

Cut eggplant into 1/2-in. thick slices; sprinkle both sides with 3 teaspoons salt. Place in a deep dish; cover and let stand for 30 minutes. Rinse with cold water; drain and dry on paper towels.

Cut eggplant into 1/2-in. cubes; saute in oil until lightly browned. Add onions, garlic and zucchini; cook 3 minutes. Add tomatoes, celery, parsley, basil, pepper and remaining salt; bring to boil. Reduce heat; cover and simmer for 10 minutes. Remove from the heat; stir in Romano cheese. Pour into greased 13-in. x 9-in. x 2-in. baking dish. Combine crumbs and butter; sprinkle on top. Bake, uncovered, at 375 degrees F for 15 minutes. Sprinkle with mozzarella cheese. Bake 5 minutes longer or until cheese is melted.

# Roasted Vegetable Lasagna

## Ingredients

1 pound eggplant, sliced into 1/4 inch rounds  
1/2 pound medium fresh mushrooms, cut into 1/4 inch slices  
3 small zucchini, cut lengthwise into 1/4-inch slices  
2 sweet red pepper, cut lengthwise into 6 pieces each  
3 tablespoons olive oil  
1 clove garlic, minced  
1 teaspoon salt  
1/2 teaspoon pepper  
1 (15 ounce) container reduced-fat ricotta cheese  
1/4 cup grated Parmesan cheese  
1/4 cup egg substitute  
1 (26 ounce) jar meatless spaghetti sauce  
12 no-boil lasagna noodles  
2 cups shredded part-skim mozzarella cheese  
3 tablespoons minced fresh basil

## Directions

Coat two 15-in. x 10-in. x 1-in. baking pans with nonstick cooking spray. Place eggplant and mushrooms on a prepared pan. Place the zucchini and red pepper on the second pan. Combine the oil and garlic; brush over both sides of vegetables. Sprinkle with salt and pepper. Bake, uncovered, at 400 degrees F for 15 minutes. Turn vegetables over. Bake 15 minutes longer. Remove eggplant and mushrooms. Bake zucchini and red pepper 5-10 minutes longer or until edges are browned.

In a bowl, combine the ricotta cheese, Parmesan cheese and egg substitute. Spread about 1/4 cup pasta sauce in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Layer with four lasagna noodles (noodles will overlap slightly), half of ricotta cheese mixture, half of vegetables, a third of pasta sauce and 2/3 cup mozzarella cheese. Sprinkle with half of basil. Repeat layers. Top with the remaining noodles and pasta sauce.

Cover and bake at 350 degrees F for 40 minutes. Uncover; sprinkle with remaining cheese. Bake 5-10 minutes longer or until edges are bubbly and cheese is melted. Let stand for 10 minutes before cutting.

# Milwaukee Moussaka

## Ingredients

2 medium eggplants, peeled  
1/4 teaspoon salt, or to taste  
4 ounces bacon, diced  
2 onions, sliced  
1/2 green bell pepper, chopped  
1 (28 ounce) can peeled and diced tomatoes, drained  
1/8 teaspoon black pepper  
1/4 teaspoon dried thyme  
1/4 teaspoon dried marjoram  
1 pinch garlic powder  
1/2 teaspoon dried sage  
2 tablespoons olive oil  
8 ounces shredded Swiss cheese  
grated Parmesan cheese

## Directions

Slice eggplant lengthwise into 1/2 inch slices. Place slices into a colander and sprinkle with salt. Set the colander in the sink to drain off liquid.

Cook bacon in a skillet over medium heat until evenly browned. Drain off excess grease. Add onion and green pepper to the skillet, and cook until tender. Stir in the tomatoes, and season with salt, pepper, thyme, marjoram, garlic powder and sage. Reduce heat to medium-low and let simmer for about 10 minutes.

Preheat the oven to 350 degrees F (175 degrees C). Heat oil in a large skillet over medium-high heat. Squeeze excess moisture from the eggplant. Fry the eggplant slices in the hot oil until browned on both sides. Arrange half of the eggplant slices in the bottom of a 1 1/2 quart baking dish. Top with half of the bacon and tomato mixture. Sprinkle with half of the Swiss cheese. Repeat layers ending with cheese on top.

Bake, uncovered, for 35 to 45 minutes in the preheated oven. Let stand for 15 minutes before serving. Top with grated Parmesan cheese.

# Veal and Eggplant Moussaka

## Ingredients

2 medium eggplant, thinly sliced  
1/4 cup vegetable oil  
2 tablespoons butter  
1 large onion, chopped  
1 clove garlic, chopped  
1 pound ground veal  
salt and pepper to taste  
1 tablespoon tomato paste  
2 tablespoons chopped fresh parsley  
1/2 cup beef stock  
1/4 cup bread crumbs  
2 tablespoons all-purpose flour  
2 tablespoons butter  
1 egg yolk, beaten  
1 cup milk  
1/2 cup feta cheese

## Directions

Preheat your oven's broiler. Grease a 9 inch square baking dish.

Brush the eggplant slices with oil, and place on a baking sheet. Broil until browned on one side, about 5 minutes. Set oven to 350 degrees F (175 degrees C).

Melt 2 tablespoons of butter in a large skillet over medium heat. Add onions and garlic; cook and stir until softened. Crumble in the veal, and cook until evenly browned. Season with salt and pepper, and stir in the tomato paste, parsley and beef stock. Simmer over low heat for 15 minutes. Stir in the bread crumbs, reserving 1 tablespoon for later, remove from the heat and set aside.

Melt the remaining butter in a small saucepan over medium heat. Stir in the flour until smooth, then gradually stir in the milk so that no lumps form. Simmer, stirring constantly, until thickened. Remove from the heat and whisk in the egg yolk.

Place a layer of eggplant on the bottom of the prepared baking dish. Top with half of the veal mixture, and half of the feta cheese. Repeat the layers, then place remaining eggplant in a layer on top. Pour the sauce over all, and sprinkle with reserved bread crumbs.

Bake for 45 minutes, uncovered, in the preheated oven, or until browned and bubbly.

# Eggplant Caviar

## Ingredients

1 large eggplant  
1/3 cup chopped onion  
3 tablespoons olive oil  
2 tablespoons chopped fresh dill  
2 teaspoons kosher salt  
1 teaspoon freshly ground black pepper

## Directions

Preheat oven to broiler setting.

Wash eggplant thoroughly, then pierce skin with a fork in several places. Place on a baking sheet and broil in preheated oven for 8 to 10 minutes, until soft. Turn eggplant over and broil for an additional 8 to 10 minutes. Remove from oven and slice in half.

Scoop out eggplant pulp with a spoon and place in a medium bowl. Mix in onion, olive oil, dill, salt, and pepper. Serve hot or cold.



# Baked Eggplant Sandwiches

## Ingredients

2 tablespoons olive oil, divided  
2 cups panko bread crumbs  
2 teaspoons salt  
1/2 teaspoon ground black pepper  
1 cup all-purpose flour  
1 egg  
1/4 cup water  
1 large long eggplant, cut crosswise into 1/3 inch thick slices  
1/2 cup finely chopped onion  
3 cloves garlic, minced  
5 ounces fresh goat cheese  
1 cup shredded sharp provolone cheese  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh basil leaves  
ground black pepper to taste  
1/2 cup pomegranate molasses

## Directions

Preheat the oven to 450 degrees F (230 degrees C). Coat two large baking sheets with olive oil.

In a medium bowl, stir together the panko crumbs, salt and 1/2 teaspoon pepper. In another bowl, whisk together the egg and water. Place the flour in a third bowl. Coat each slice of eggplant with flour, shaking off the excess, then dip into the egg, and finally coat with panko crumbs. Place on the oiled baking sheets.

Bake for 12 minutes in the preheated oven, then turn over the slices and bake for an additional 12 minutes, or until golden brown. Remove from the oven and cool slightly, but leave the oven on.

While the eggplant is baking, heat 1 tablespoon of oil in a skillet over medium heat. Add the onion; cook and stir until almost tender, then add the garlic. Cook for just about 1 minute. Remove from the heat and stir in the goat cheese, provolone cheese, parsley and basil. Season with pepper.

Divide the cheese mixture among 8 slices of the eggplant (half). Spread to cover, then top with remaining eggplant slices, pressing to compact. Return to the baking sheets.

Bake in the preheated oven until eggplant is crisp, about 15 minutes. Place two sandwiches onto each serving plate, and drizzle with pomegranate molasses.

# Eggplant Delight

## Ingredients

3 tablespoons vegetable oil  
1 medium eggplant, sliced into 1/2 inch rounds  
1 medium onion, sliced into rings  
1/2 cup shredded Cheddar cheese  
salt and pepper to taste

## Directions

Heat oil in a large skillet over medium-high heat. Add onion, and saute until browned. Remove the onion to a bowl, and place eggplant slices in the hot skillet. Fry on both sides until browned and tender. Season with salt and pepper. When the eggplant is tender, top slices with onion, and then cover with cheese. Allow cheese to melt for a few minutes before placing on plates and serving.

# Easy Tomato and Eggplant Soup

## Ingredients

2 (10.75 ounce) cans condensed tomato soup  
2 medium eggplants  
1/2 cup chicken broth

## Directions

Cook eggplants at 350 degrees F (175 degrees C) for 30-40 minutes until soft. Scoop out insides and puree eggplant.

Stir tomato soup and pureed eggplant together and bring to a boil. Simmer for 5 minutes and add chicken broth to thin soup to taste.

# Melenzana Ali Olio

## Ingredients

4 medium eggplants  
1/2 cup coarse salt  
2 tablespoons white vinegar  
2 cups extra-virgin olive oil  
1 bulb garlic cloves, peeled and chopped  
1 teaspoon red pepper flakes  
2 tablespoons chopped fresh oregano  
1/2 teaspoon sea salt

## Directions

On the evening before you intend to make the dish, prepare the eggplant. Cut the ends off the eggplants, and peel. Cut the peeled eggplant into long strips about as big around as shoestring french fries. Place the strips into a large bowl, and stir in 1/2 cup of coarse salt.

Place a sturdy dinner plate upside down in a clean sink, making sure that the drain is not blocked. Place a generous handful of the eggplant strips onto the center of the plate, and cover with another upside down dinner plate to create an eggplant sandwich. Layer more eggplant and plates until all of the eggplant is sandwiched. Cap it off with one additional plate, and press down firmly. Set a sturdy stock pot on top, and fill with enough water to create some pressure on the eggplant layers. Not so much pressure that you break your dishes though. Let this pressing process stand overnight.

The next day, fill a large bowl with ice water. Begin dismantling your stack of plates. One layer (handful) at a time, briefly swish the eggplant around in the ice water, then squeeze dry and place into a clean bowl. If your hand starts to hurt, you are swishing too long. Once all of the eggplant is rinsed and squeezed and in the bowl, mix in the vinegar. Let rest for about 15 minutes.

Heat a splash of the olive oil in a skillet over medium heat. Once the oil is hot, add the garlic, red pepper flakes, oregano and sea salt. Cook and stir just until fragrant. You do not want to cook the garlic. Set aside to cool.

Your eggplants should be well rested now. Give them one last squeeze. Make it a good one, or your melenzana is going to taste like pickles. "Don't worry, this is the last time, I promise..." (This is to be said to the poor little melenzana - they've been through so much!)

Place the squeezed eggplants into a large bowl, and stir in the contents of the skillet and remaining olive oil until well blended. Transfer to sterile 1 pint or 1/2 pint jars. Make sure to fill the jars to the top, and top off with any olive oil that may be left in the bowl. Wipe the rims with a clean dry cloth, and seal tightly with new lids. Refrigerate for at least a month before opening.

# Eggplant Tomato Salad

## Ingredients

1 green bell pepper  
1 large red bell pepper  
7 tomatoes  
1 eggplant  
4 cloves crushed garlic  
1/4 cup extra virgin olive oil  
2 tablespoons tomato paste  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon cayenne pepper

## Directions

Roast peppers on stove burners, or under oven broiler until skin turns evenly black. Immediately place in a plastic bag and let cool.

Prepare the tomatoes by cutting an X on the bottom of each and boil in water for 1 minute, plunge into a cold water bath and let cool.

Cut the eggplant into small strips and saute in oil until eggplant begins to brown. About 6 to 8 minutes. Once the eggplant is soft, add garlic.

Rinse the peppers under cold water and remove the burnt skin (just the ash). Open the peppers and remove seeds. Cut into small strips and add to eggplant. Peel cooled tomatoes, chop and add to eggplant mixture. Add tomato paste, salt, pepper and cayenne. Bring to boil, reduce heat and simmer for 30 minutes.

# Eggplant Omelet Dip

## Ingredients

1 large eggplant  
3 tablespoons olive oil  
1 large tomato, diced  
2 cloves garlic, peeled and minced  
3 eggs  
salt and pepper to taste

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Wrap eggplant in foil, and bake 35 minutes, or until soft. Remove from heat, and cool slightly. Skin and chop.

Heat olive oil in a medium skillet over medium heat. Stir in the tomatoes and garlic, and cook until tender.

Mix eggplant into the skillet, and mash together with the tomato and garlic. Stir in the eggs, and cook until no longer runny. Season with salt and pepper.

# Grilled Eggplant, Tomato and Goat Cheese

## Ingredients

1 medium eggplant, sliced into 1/4 inch rounds  
2 large tomatoes, sliced  
1 (11 ounce) log goat cheese  
4 tablespoons olive oil  
2 tablespoons balsamic vinegar  
salt and pepper to taste

## Directions

Preheat grill for medium heat.

In a large bowl, coat eggplant with olive oil and balsamic vinegar. Season with salt and pepper.

Arrange half of the eggplant slices on a tray. Place a slice of tomato and a slice of goat cheese on each slice of eggplant. Sprinkle a little salt and pepper on the tomatoes and cheese. Top with remaining slices of eggplant, and secure each bundle with a toothpick.

Lightly oil the grill grate. Remove toothpicks, and arrange bundles on grate. Cook about 7 to 8 minutes, then carefully flip. Continue cooking for 6 to 7 minutes.

# Eggplant Croquettes

## Ingredients

2 medium eggplants, peeled and cubed  
1 cup shredded sharp Cheddar cheese  
1 cup Italian seasoned bread crumbs  
2 eggs, beaten  
2 tablespoons dried parsley  
2 tablespoons chopped onion  
1 clove garlic, minced  
1 cup vegetable oil  
1 teaspoon salt  
1/2 teaspoon ground black pepper

## Directions

Place eggplant in a microwave safe bowl and microwave on medium-high 3 minutes. Turn eggplant over and microwave another 2 minutes. The eggplant should be tender, cook another 2 minutes if the eggplants are not tender. Drain any liquid from the eggplants and mash.

Combine cheese, bread crumbs, eggs, parsley, onion, garlic and salt with the mashed eggplant. Mix well.

Shape the eggplant mixture into patties. Heat oil in a large skillet. Drop eggplant patties one at a time into skillet. Fry each side of the patties until golden brown, approximately 5 minutes on each side. Patties can be frozen before frying and cooked later.



# Stuffed Eggplant with Shrimp and Basil

## Ingredients

1 eggplant, halved lengthwise  
1/2 cup olive oil, divided  
salt and pepper to taste  
8 medium shrimp - peeled,  
deveined and chopped  
1/8 cup chopped fresh basil  
2 cloves garlic, chopped  
1/2 cup white wine  
1 cup Italian seasoned bread  
crumbs  
1/2 cup grated Parmesan cheese,  
divided

## Directions

Preheat oven to 350 degrees F (175 degrees C). Scoop out the flesh of the eggplant, chop, and reserve. Coat shells with olive oil, and season with salt and pepper; set aside.

Heat 1/4 cup olive oil in a large, deep skillet over medium high heat. Saute shrimp, basil and garlic until shrimp turns pink, about 1 minute. Stir in the reserved chopped eggplant. Season with salt and pepper. Pour in wine, and cook 5 minutes.

Transfer to a large bowl, and mix in the bread crumbs and 1/4 cup Parmesan cheese. If mixture is dry, stir in more olive oil. Stuff mixture into eggplant shells, and sprinkle top with remaining Parmesan cheese.

Bake in preheated oven for 30 to 40 minutes, or until eggplant is tender.

# Portobello Stacks

## Ingredients

4 portobello mushrooms  
1 large onion, sliced 1/4 inch thick  
1/4 cup balsamic vinegar  
1 eggplant, sliced into 1/2 inch rounds  
1 tomato, sliced 1/2 inch thick  
4 slices provolone cheese

## Directions

Marinate the mushrooms and onions in balsamic vinegar for 20 minutes.

Preheat oven to 350 degrees F (175 degrees C).

On a non-stick baking pan layer in four stacks: eggplant, mushroom, onion, tomato and cheese.

Bake in preheated oven for 30 minutes, or until cheese is golden brown.

# Eggplant Salsa and Homemade Pita Chips

## Ingredients

4 medium eggplants  
1 large red bell pepper, halved and seeded  
4 large tomatoes, seeded and diced  
1 clove chopped fresh garlic  
1 lime, juiced  
salt and pepper to taste  
1/4 cup chopped fresh cilantro  
1/4 cup olive oil  
1 (10 ounce) package pita bread rounds  
1/4 cup butter, melted

## Directions

Preheat the oven to 400 degrees F (200 degrees C). Slice the tops off of the eggplants, and place on a baking sheet with the red pepper halves. Drizzle with olive oil to lightly coat.

Bake for about 40 minutes in the preheated oven, until eggplant is tender. Remove from the oven, and place the eggplant and peppers into a large resealable bag. Seal, and let sit for 15 minutes to loosen the skin. Remove from the bag, peel off the skins, and dice the eggplants and pepper. Transfer to a large bowl.

Place the tomatoes, and garlic in to the bowl with the roasted vegetables, and season with salt, pepper and cilantro. Mix until well blended. Set aside.

Set the oven to 300 degrees F (150 degrees C).

Peel apart the pita breads into two thin circles. You may cut off the edges to make it easier. Brush melted butter onto what used to be the inside, and stack together. Cut into strips, then cut across at a diagonal to make diamond shapes. If you have kitchen scissors, it will be easy. Place them on a baking sheet.

Bake the pita chips for 5 to 10 minutes in the preheated oven, until lightly toasted. Stir occasionally if they overlap.

# Easy Eggplant Dish

## Ingredients

1 eggplant, diced  
1 yellow squash, peeled and diced  
1 cup chopped onions  
1 cup dry bread crumbs  
1 tablespoon butter  
1/8 cup canned sliced green chiles  
1/3 cup crushed buttery round crackers  
1/2 cup shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of salted water to a boil. Add eggplant and squash and cook until tender but still firm, about 10 minutes. Drain and cool.

In a 2 quart casserole dish combine eggplant, squash, onions, bread crumbs, butter and chiles. Sprinkle crushed crackers and cheese over the top.

Bake in preheated oven for 30 minutes.

# Moussaka Cottage Pie

## Ingredients

4 tablespoons olive oil, divided  
2 medium onions, cut into medium dice  
3 large cloves garlic, minced  
1 teaspoon ground cinnamon  
1/2 teaspoon ground cloves  
2 pounds lean ground beef or turkey  
2 cups canned crushed tomatoes  
1/3 cup dark or golden raisins  
1 pound eggplant, cut into 1/4-inch thick slices  
Salt and pepper  
1 (24 ounce) package refrigerated mashed potatoes, warmed in the microwave according to instructions  
1 large egg, beaten

## Directions

Heat 2 Tbs. oil in a 12-inch ovenproof skillet over medium-high heat. Saute onions until tender, about 5 minutes. Add garlic, cinnamon and cloves; cook about 1 minute. Add meat, stirring to break it up, and cook about 5 minutes. Stir in tomatoes and raisins; simmer 10 minutes.

Arrange eggplant slices on a lipped cookie sheet. Brush both sides with remaining oil, and season with salt and pepper. Broil on upper oven rack, turning once with kitchen tongs, until golden brown, about 5 minutes per side.

Reduce heat to 400 degrees. Lay eggplant in a single layer over meat mixture. Whisk egg into mashed potatoes; spread over eggplant. Bake on lower rack until sauce is bubbly, about 20 minutes.

# Bitter Melon and Brinjal (Eggplant) Relish

## Ingredients

1 bitter melon, seeded and cut into matchsticks  
1 eggplant, cut into matchsticks  
1 carrot, cut into matchsticks  
4 cloves garlic, sliced thin  
2 green chile peppers, seeded and sliced thin  
1 small sweet onion, diced  
1/2 cup water  
1/2 cup distilled white vinegar  
2 (2 inch) pieces minced fresh ginger root  
1 cup white sugar  
1 teaspoon salt

## Directions

Bring a pot of water to a boil. Add the bitter melon and eggplant to the boiling water and return to a boil; cook at a boil for 2 minutes. Drain. Rinse with cold water to stop from cooking further.

Toss the bitter melon, eggplant, carrot, garlic, green chile peppers, and sweet onion in a large bowl; cover with plastic wrap and set aside.

Stir the water, vinegar, ginger, sugar, and salt together in a pot; bring to a boil until the sugar has dissolved completely. Set aside to cool completely. Pour the cooled vinegar mixture over the vegetables in the bowl, assuring the vegetables are completely submerged. Cover and refrigerate. Serve cold.

# Baked Eggplant with Cashews

## Ingredients

2 large eggplants, sliced  
salt to taste  
1 cup dry whole wheat bread crumbs  
1/2 teaspoon brown sugar  
1 onion, finely chopped  
1 celery stalk, diced  
1 roma (plum) tomato, seeded and chopped  
1/2 cup red bell pepper, finely chopped  
5 pimento-stuffed green olives, sliced  
2 tablespoons extra virgin olive oil  
1/2 teaspoon dried oregano  
1/2 teaspoon powdered saffron  
1/2 cup soy milk  
1/2 cup heavy cream  
1/2 cup cashews

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

Cover the bottom of the prepared baking dish with 1/2 the eggplant slices, and season with salt. In a bowl, toss together the bread crumbs and brown sugar, and sprinkle about 1/4 cup of the mixture over the layer of eggplant slices.

In a bowl, mix 1/2 cup bread crumb mixture, the onion, celery, tomato, red bell pepper, olives, and olive oil. Season with oregano and saffron. Spread over the layer of eggplant in the baking dish. Top with remaining eggplant. Sprinkle with remaining bread crumb mixture.

In a blender, blend the soy milk, heavy cream, and cashews until smooth. Pour over the top of the layered dish.

Bake 30 minutes in the preheated oven, until crisp and golden brown.

# Easy Fried Eggplant

## Ingredients

2 tablespoons canola oil  
1 large eggplant, peeled and sliced  
3 eggs, beaten  
2 cups dry bread crumbs

## Directions

Heat oil in a large skillet over medium-high heat. Dip eggplant slices in egg, then in crumbs, and place in hot oil. Fry 2 to 3 minutes on each side, or until golden brown. Drain on paper towels.



## Ingredients

1/4 cup olive oil  
1 large eggplant, peeled and coarsely chopped  
1 medium red bell pepper, cut into thin strips  
1 green bell pepper, cut into thin strips  
1 large onion, diced  
1 cup coarsely shredded carrot  
salt to taste  
crushed red pepper flakes

## Directions

Place eggplant in a colander, lightly salt, and leave to drain for about 45 minutes.

Heat olive oil in a large skillet over medium high heat. Add eggplant, red and green bell peppers, onion, and carrot; stir to coat. Reduce heat to low, and cook for 40 minutes, stirring occasionally, or until mixture resembles the consistency of coarse jam. Season to taste with salt and red pepper flakes.

Cover, and chill at least 1 hour. Serve chilled as a condiment with your favorite bread or crackers.

# Linda's Summertime Eggplant Salsa

## Ingredients

1 large eggplant, cut into 1/2 inch cubes  
3/4 teaspoon kosher salt

1 cup tomato-vegetable juice cocktail (such as V8®)  
1/4 cup red wine vinegar  
1/2 cup red wine  
2 tablespoons brown sugar  
1/4 cup chopped fresh parsley  
4 anchovy fillets, minced, or to taste  
1 (14.5 ounce) can diced tomatoes  
1/4 cup raisins  
1/2 cup pitted black olives, chopped  
1/2 cup pitted green olives, chopped  
1/2 cup zucchini, diced  
1/2 cup yellow squash, diced  
2 celery stalks, diced  
1/2 red bell pepper, diced  
1/2 cup grated carrot

3 tablespoons extra-virgin olive oil  
1/2 red onion, finely diced  
1/2 cup pine nuts  
1/4 cup grated Parmesan cheese

## Directions

Toss the eggplant with the kosher salt and spread out onto a microwave-safe plate. Cook in the microwave on High until the eggplant is dry and has shriveled to 1/3 of its original size, about 15 minutes. Transfer to a paper towel-lined plate and set aside.

Whisk the tomato juice cocktail, vinegar, red wine, brown sugar, parsley, and anchovies together in a large bowl. Stir in the tomatoes, raisins, black olives, green olives, zucchini, yellow squash, celery, red bell pepper, and carrot; set aside.

Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat. Stir in the eggplant and cook, stirring occasionally, until the edges have browned, 4 to 8 minutes. Add the remaining 2 tablespoons of olive oil along with the celery and onion. Cook and stir until the onion has softened, about 4 minutes more. Stir in the vegetable mixture and bring to a simmer. Reduce heat to medium-low and simmer uncovered until the liquid thickens and begins to coat the vegetables, 4 to 7 minutes more. Scrape into a bowl and stir in the pine nuts. Refrigerate to room temperature. Sprinkle with the Parmesan cheese and serve.

# Lisa's Herbed Eggplant Medley

## Ingredients

1 (1 1/4 pound) eggplant  
3 tomatoes, chopped  
1 onion, chopped  
1 (6 ounce) jar artichoke hearts,  
drained and thickly sliced  
1 clove garlic, minced  
1 tablespoon chopped fresh  
parsley  
2 chopped fresh chives  
10 chopped fresh basil  
1 cup quinoa  
2 cups water

## Directions

Preheat oven to 425 degrees F (220 degrees C). Place the eggplant in a shallow, oven-safe dish, and bake for 1 hour until tender, turning every 15 minutes to ensure even cooking. Once done, remove, and allow the eggplant to cool until cool enough to handle.

Reduce the oven temperature to 350 degrees F (175 degrees C). Once the eggplant is cool enough to handle, cut it into 1/2 inch pieces, and combine with the tomatoes, onion, artichokes, garlic, parsley, chives, and basil. Pour into a baking dish

Bake uncovered in the preheated oven until the onions have softened, about 45 minutes.

Meanwhile, bring the quinoa and water to a boil in a saucepan. Reduce the heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes. To serve, spoon the eggplant mixture over the quinoa.

# Eggplant Supper Soup

## Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 pound ground beef
- 1 clove garlic, crushed
- 1 pound eggplant, diced
- 3/4 cup sliced carrots
- 3/4 cup sliced celery
- 2 (14.5 ounce) cans Italian diced tomatoes, drained
- 2 (14 ounce) cans beef broth
- 1 teaspoon sugar
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup dry macaroni
- 2 teaspoons chopped fresh parsley
- 1/2 cup grated Parmesan cheese

## Directions

Heat the oil in a skillet over medium heat, and cook the onion, beef, and garlic until beef is evenly brown. Drain grease, and mix in eggplant, carrots, celery, and tomatoes. Pour in beef broth. Mix in sugar, and season with nutmeg, salt, and pepper. Cook and stir until heated through.

Mix macaroni into the soup, and continue cooking 12 minutes, or until macaroni is al dente. Mix in parsley. Top with Parmesan cheese to serve.

# Spiced Eggplant Indian Style

## Ingredients

2 1/2 pounds eggplant  
2/3 cup clarified butter  
1 cup chopped onions  
4 large ripe tomatoes, chopped  
4 teaspoons crushed coriander seed

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Half eggplant(s) and bake for 20 minutes, or until tender. Using a potato masher or pastry blender, crush eggplant.

Heat clarified butter in a medium skillet over medium heat; saute onions until translucent. Stir in tomatoes and eggplant; cook, stirring, until liquid evaporated. Remove from heat and sprinkle with coriander.

# Vegetable Tagine

## Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, chopped
- 3 carrots, chopped
- 2 sweet potatoes, chopped
- 1 eggplant, chopped
- 4 plum tomatoes, chopped
- 3 zucchini, chopped
- 1/2 cup raisins
- 3 (16 ounce) cans chicken broth
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1 (15.5 ounce) can garbanzo beans, rinsed and drained
- 1 teaspoon salt
- 1 teaspoon ground black pepper

## Directions

Heat oil in the bottom of a large, heavy pot over medium-high heat . Cook and stir the onion, green bell pepper, and garlic in the oil until tender, about 5 minutes.

Place the carrots, sweet potatoes, eggplant, plum tomatoes, zucchini, and raisins in the pot with the onion mixture. Stir in the chicken broth, lemon juice, honey, and season with cumin, coriander, turmeric, and cinnamon. Bring the stew to a boil over high heat, cover, and reduce the heat to medium-low, and simmer until the vegetables are tender, about 30 minutes.

Pour the garbanzo beans into the stew and season with salt and pepper. Stir to combine and cook the soup for an additional 10 to 15 minutes.

# Kare Kare Pata (Oxtail Stew)

## Ingredients

4 1/2 pounds beef oxtails  
3 cups water  
2 beef bouillon cubes  
1/2 pound bok choy, chopped  
1/2 pound long beans, cut into bite-sized pieces  
1/2 pound eggplant, cubed  
2 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, minced  
1 teaspoon achiote powder  
3 tablespoons smooth peanut butter

## Directions

Combine the oxtails and water in a large pot; bring to a boil, reduce heat to medium-low, and simmer at least 2 hours.

Skim as much fat from the top of the liquid as possible. Crumble the beef bouillon cubes into the liquid and allow to dissolve. Remove the meat from the broth and set aside. Add the bok choy, long beans, and eggplant to the broth and simmer until tender.

While the vegetables simmer in the broth, heat the olive oil in a large pot over medium heat. Cook and stir the onion and garlic in the hot oil until tender. Stir the achiote powder into the mixture to add a little color. Add the peanut butter and stir until it's melted into the mixture. Add about half the broth to the pot; bring to a simmer for 5 minutes. Add the oxtails and cook another 5 minutes before adding the remaining broth with the vegetables. Serve hot.

# Sausage-Stuffed Eggplant

## Ingredients

1 (1 1/2 pound) eggplant, halved lengthwise  
1 tablespoon olive oil  
1/2 pound bulk Italian sausage  
1/4 teaspoon garlic powder  
1/4 teaspoon dried Italian seasoning  
1/8 teaspoon black pepper  
2 tablespoons dry bread crumbs  
2 cups spaghetti sauce, divided  
1 cup mozzarella cheese, divided  
1 egg, beaten

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Brush cut sides of eggplant with olive oil and place, cut-side up onto a baking sheet. Roast in preheated oven for 30 minutes, then remove and allow to cool slightly.

Meanwhile, brown the Italian sausage in a skillet over medium-high heat; drain off the grease. Place into a mixing bowl, and season with garlic powder, Italian seasoning, and pepper. Stir in bread crumbs, 1/2 cup of spaghetti sauce, 1/2 cup of mozzarella cheese, and the beaten egg; mix well.

Once the roasted eggplant has cooled enough to handle, scoop out the flesh to within 1/2-inch of the skin to create a shell. Roughly chop the eggplant meat, and fold into the sausage mixture. Divide evenly among the two eggplant shells, and sprinkle with remaining mozzarella cheese.

Bake in preheated oven until the filling has set, and the cheese is bubbly and golden-brown, about 30 minutes. While the eggplant is baking, warm the remaining spaghetti sauce in a saucepan over medium-low heat to serve with the eggplant.



# Ratatouille Bake

## Ingredients

1 tablespoon olive oil  
5 cloves garlic, minced  
1 onion, chopped  
2 cups peeled and diced eggplant  
2 cups chopped zucchini  
1 green bell pepper, chopped  
1 (14.5 ounce) can diced tomatoes  
1 tablespoon dried basil  
1 tablespoon dried parsley  
1/2 teaspoon salt  
1/8 teaspoon black pepper  
1 (8 ounce) package frozen  
cheese ravioli  
3/4 cup shredded mozzarella  
cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C); spray a 2 1/2-quart baking dish with cooking spray.

Heat the olive oil in a large skillet over medium heat; cook and stir the garlic, onion, and eggplant with the garlic until the vegetables have begun to soften, about 8 minutes. Stir in the zucchini, bell pepper, tomatoes, basil, parsley, salt, and black pepper; bring the mixture to a boil, stirring frequently. Reduce heat to medium-low and simmer until the vegetables are tender, about 20 minutes.

Cook the frozen ravioli as directed on the package; drain. Spread the cooked ravioli in a layer into the bottom of the prepared baking dish; spoon the hot vegetables over the ravioli. Sprinkle with the cheese.

Bake in the preheated oven until the casserole is bubbling and the cheese is melted, about 20 minutes.

# Mediterranean Chicken with Eggplant

## Ingredients

3 eggplants, peeled and cut lengthwise into 1/2 inch thick slices  
3 tablespoons olive oil  
6 skinless, boneless chicken breast halves - diced  
1 onion, diced  
2 tablespoons tomato paste  
1/2 cup water  
2 teaspoons dried oregano  
salt and pepper to taste

## Directions

Place eggplant strips in a big pot of lightly salted water and soak for 30 minutes (this will improve the taste; they will leave a brown color in the pot).

Remove eggplant from pot and brush lightly with olive oil. Saute or grill until lightly browned and place in a 9x13 inch baking dish. Set aside.

Saute diced chicken and onion in a large skillet over medium heat. Stir in tomato paste and water, cover skillet, reduce heat to low and simmer for 10 minutes.

Preheat oven to 400 degrees F (200 degrees C).

Pour chicken/tomato mixture over eggplant. Season with oregano, salt and pepper and cover with aluminum foil. Bake in the preheated oven for 20 minutes.

# Greek Pasta Salad with Roasted Vegetables and

## Ingredients

1 red bell pepper, cut into 1/2 inch pieces  
1 yellow bell pepper, chopped  
1 medium eggplant, cubed  
3 small yellow squash, cut in 1/4 inch slices  
6 tablespoons extra virgin olive oil  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1 1/2 ounces sun-dried tomatoes, soaked in 1/2 cup boiling water  
1/2 cup torn arugula leaves  
1/2 cup chopped fresh basil  
2 tablespoons balsamic vinegar  
2 tablespoons minced garlic  
4 ounces crumbled feta cheese  
1 (12 ounce) package farfalle pasta

## Directions

Preheat oven to 450 degrees F (230 degrees C). Line a cookie sheet with foil, and spray with non-stick cooking spray.

In a medium bowl toss the red bell pepper, yellow bell pepper, eggplant, and squash with 2 tablespoons of the olive oil, salt, and pepper. Arrange on the prepared cookie sheet.

Bake vegetables 25 minutes in the preheated oven, tossing occasionally, until lightly browned.

In a large pot of salted boiling water, cook pasta 10 to 12 minutes, until al dente, and drain.

Drain the softened sun-dried tomatoes and reserve the water. In a large bowl, toss together the roasted vegetables, cooked pasta, sun-drained tomatoes, arugula, and basil. Mix in remaining olive oil, reserved water from tomatoes, balsamic vinegar, garlic, and feta cheese; toss to coat. Season with salt and pepper to taste. Serve immediately, or refrigerate until chilled.

# Ricotta Eggplant Rolls

## Ingredients

1/2 cup vegetable oil, divided  
4 cloves garlic, minced  
1 (28 ounce) can crushed tomatoes in puree  
1 (10 ounce) can tomato sauce  
2 tablespoons Italian seasoning  
1 teaspoon salt  
1 teaspoon white sugar  
1/2 teaspoon ground black pepper

2 cups plain dried bread crumbs  
1 cup all-purpose flour  
2 eggs  
1/4 cup heavy cream  
2 large eggplants, peeled and sliced lengthwise into 1/4 inch slices  
1 (15 ounce) container ricotta cheese  
2 cups shredded mozzarella cheese  
1/2 cup grated Parmesan cheese  
3/4 cup chopped fresh parsley  
fresh parsley, for garnish (optional)

## Directions

Heat 1 tablespoon of the olive oil in a large saucepan over medium heat. Add garlic, and cook until fragrant and lightly browned. Pour in the crushed tomatoes and tomato sauce. Season with Italian seasoning, salt, sugar, and pepper. Simmer covered over medium-low heat for 30 minutes, stirring occasionally. Remove from heat and set aside.

Preheat the oven to 400 degrees F (200 degrees C). In a large shallow dish, stir together the bread crumbs and flour. In a separate dish, whisk together the eggs and cream with a fork.

Heat the remaining olive oil in a large skillet over medium-high heat. Dip each eggplant slice into the egg mixture, then coat with breadcrumbs. Fry each slice until golden brown in the hot oil, turning once. Drain on paper towels.

Spread a thin layer of the marinara sauce in the bottom of a 9x13 inch baking dish. In a large bowl, stir together the ricotta cheese, mozzarella cheese, Parmesan cheese and parsley. Spread 2 to 3 tablespoons of the cheese mixture onto one side of each slice of eggplant. Roll up, and place in the baking dish seam side down. Spoon the remaining tomato sauce over the rolls. Cover the baking dish with a lid or aluminum foil.

Bake for 30 minutes in the preheated oven. Garnish with additional chopped parsley before serving if desired.

# Eggplant con Queso

## Ingredients

1 eggplant, peeled and diced  
1 cup shredded Cheddar cheese  
1 cup diced toasted bread  
1/2 cup heavy cream  
1 tablespoon all-purpose flour  
1 teaspoon poultry seasoning

## Directions

Preheat oven to 300 degrees F (150 degrees C).

Boil and drain eggplant. Mix in 1/2 cup of cheese and bread.  
Spoon into small casserole dish.

In a small bowl combine cream, flour and poultry seasoning. Pour over eggplant mixture and sprinkle the top with the remaining 1/2 cup cheese.

Bake in preheated oven for 30 minutes.

# Strange Flavor Eggplant Spread

## Ingredients

- 1 large eggplant
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger root
- 1/2 cup chopped green onions
- 1/4 teaspoon red pepper flakes
- 3 tablespoons soy sauce
- 3 tablespoons brown sugar
- 1 teaspoon rice vinegar
- 1 tablespoon hot water
- 2 tablespoons peanut oil
- 1/2 teaspoon sesame oil
- 1 French baguette, sliced into 1/4 inch rounds

## Directions

Preheat the oven to 450 degrees F (220 degrees C). Prick the eggplant several times with a fork, and remove the leaves. Place on a baking sheet. Bake for 30 minutes in the oven, turning over once, until tender. Remove from the oven, and slit open to cool.

While the eggplant are still warm, remove the stem end and peel. Cut into chunks, and place them in the container of a blender or food processor. Process until smooth.

In a small dish, combine the garlic, ginger, green onions, and red pepper flakes. In a separate dish, stir together the soy sauce, brown sugar, rice vinegar, and hot water.

Heat a wok over high heat until hot enough to evaporate a drop of water. Pour in the peanut oil, and swirl to coat the wok. When the oil is hot, dump in the garlic mixture, and stir-fry for about 15 seconds. Pour in the soy sauce mixture, and bring to a simmer. Stir in the eggplant puree, cooking just until heated through. Remove to a serving dish, and stir in the sesame oil. Allow to cool, and serve at room temperature as a spread for the bread.

# Melitzanes Imam

## Ingredients

1 eggplant  
1 (14.5 ounce) can diced tomatoes, drained  
1 tablespoon tomato paste  
1 medium onion, chopped  
1 tablespoon minced garlic, or to taste  
1 teaspoon ground cinnamon, or to taste  
3 tablespoons olive oil  
salt and pepper to taste

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Slice the eggplant in half lengthwise, and hollow out the halves leaving about a 1 centimeter shell. Set the flesh from the insides aside for later use. Place the shells on a baking tray, and drizzle with a little olive oil.

Bake for about 30 minutes in the preheated oven, until soft.

While those are baking, chop the leftover eggplant into small pieces. Heat about 2 tablespoons of olive oil in a large skillet over medium heat. Add the onion and garlic; cook and stir for a few minutes. Add the chopped eggplant; cook and stir until tender. Mix in the tomatoes and tomato paste until well blended. Simmer over low heat until the halves in the oven are ready.

Remove the baked eggplant shells from the oven, and spoon in the tomato and eggplant mixture. Sprinkle a little cinnamon over the top of each one, and return them to the oven. Bake for another 30 minutes or so.

# Ratatouille Soup

## Ingredients

1 pound ground beef  
1 (24 ounce) jar Prego®  
Traditional Italian Sauce or  
Tomato, Basil & Garlic Italian  
Sauce  
1 (10.5 ounce) can Campbell's®  
Condensed Beef Broth  
2 cups water  
1 small eggplant, cut into cubes  
1 medium zucchini, cut into cubes  
1 large green pepper, chopped  
1/2 cup uncooked elbow pasta

## Directions

Cook the beef in a 4-quart saucepot over medium-high heat until it's well browned, stirring often to break up the meat. Pour off any fat.

Stir the sauce, broth, water, eggplant, zucchini and pepper in the saucepot and heat to a boil over medium-high heat. Reduce the heat to low. Cover and cook for 15 minutes.

Stir the pasta in the saucepot. Increase the heat to medium and cook for 10 minutes or until the pasta is tender, stirring occasionally.



# Hariton's 'Famous' Vegetarian Casserole

## Ingredients

8 large eggplants  
8 large potatoes  
8 green bell peppers  
8 large onions  
8 summer squash  
6 tomatoes  
1 pound fresh green beans  
1 pound whole fresh mushrooms  
2 bulbs garlic, cloves separated and peeled  
1/4 cup chopped fresh dill weed  
1/4 cup chopped fresh oregano  
1/4 cup chopped fresh basil  
1 (15 ounce) can tomato sauce  
3/4 cup olive oil  
salt and pepper to taste

## Directions

Prepare the eggplant before assembling ingredients, by cutting them into 2 inch chunks and putting them into an extra large bowl with salted water to cover. This will draw out the bitterness from the eggplant. Let this sit for about 3 hours.

Preheat oven to 375 degrees F (190 degrees C).

Cut the potatoes, green bell peppers, onion, squash and tomatoes into 2-inch chunks. Cut the green beans and mushrooms in half and peel the garlic cloves.

Drain and rinse the eggplant, then combine it with all the other chopped vegetables, the dill, oregano and basil and place all into a 3x13x18 inch roasting pan. Pour the tomato sauce and olive oil over all.

Bake at 375 degrees F (190 degrees C) for 2 1/2 hours, adding a little water about halfway through cooking time to keep moist.

# Grilled Eggplant and Tomato Sandwiches with

## Ingredients

1/2 cup Hellmann's® or Best Foods® Real Mayonnaise  
3 tablespoons grated Romano cheese  
1 teaspoon lemon juice  
1/4 teaspoon coarsely ground black pepper  
1 small eggplant\*, cut into 1/2-inch-thick slices  
4 tablespoons olive oil, divided  
4 plum tomatoes  
8 slices Italian bread or focaccia  
Fresh basil leaves

## Directions

Combine Hellmann's® or Best Foods® Real Mayonnaise, cheese, lemon juice and pepper. Season, if desired, with salt; refrigerate.

Brush eggplant slices on both sides with 2 tablespoons oil. Season, if desired, with salt and black pepper. Grill, turning once, 8 minutes or until slightly charred and tender.

Brush tomatoes with remaining 2 tablespoons oil and season, if desired, with salt and black pepper. Grill, turning once, 4 minutes or until charred and slightly softened. Remove and slice into quarters lengthwise.

Evenly spread bread with mayonnaise mixture, then top with basil, eggplant and tomatoes.

# Eggplant, Roasted Pepper and Chicken Pitas

## Ingredients

2 eggplants, cut into 1/2-inch slices  
1 tablespoon salt  
2 (6 ounce) skinless, boneless chicken breast halves  
all-purpose flour for dusting  
2 eggs, beaten  
1 cup bread crumbs  
4 tablespoons olive oil  
1 tablespoon minced garlic  
2 tablespoons balsamic vinegar  
2 tablespoons extra-virgin olive oil  
1 (12 ounce) jar roasted red peppers, sliced  
salt and white pepper to taste  
6 (6-inch) pita breads

## Directions

Sprinkle sliced eggplant with salt and allow to drain in a colander for 20 minutes. Meanwhile, preheat a grill for medium-high heat.

Pound chicken breasts between two sheets of plastic wrap to a thickness of 1/4-inch. Dredge with flour, shake off excess, dip into beaten egg, then press into bread crumbs to coat.

Heat 2 tablespoons of olive oil in a skillet over medium-high heat. Add chicken breasts and cook until golden brown.

Wipe eggplant dry with a paper towel and brush with remaining 2 tablespoons olive oil. Grill until tender and well marked. Whisk together garlic, balsamic vinegar, and extra-virgin olive oil. Slice grilled eggplant into strips and toss with roasted peppers and balsamic dressing; season to taste with salt and pepper.

To assemble, heat pita breads on the grill until hot and marked. Slice chicken into strips and place into warm pitas along with marinated eggplant.

# Malidzano Eggplant Spread

## Ingredients

3 medium eggplants  
2 tablespoons olive oil  
4 cloves garlic, minced  
1 1/2 cups crumbled feta cheese  
1/2 cup finely ground walnuts  
1 pinch salt and pepper to taste  
1/4 cup olive oil

## Directions

Preheat the oven to 400 degrees F (200 degrees C). Brush eggplants lightly with olive oil, pierce the eggplant skin with a knife, and place them in the oven. Roast until the skins are brown and the eggplant is soft, about 30 minutes. Remove from the oven, cool slightly, peel, and cut into chunks. Set aside in a bowl to drain off some of the liquid.

Place the eggplant chunks into the container of a food processor, along with the garlic, feta cheese, walnuts, and olive oil. If it doesn't all fit, do this in batches then stir together. Process until well blended with just a few small chunks. The consistency should be thick. Transfer to a bowl, and season with salt and pepper. Serve as a side dish or appetizer.

# Sue's Baba Ghanoush

## Ingredients

1 large eggplant  
2 tablespoons tahini  
1/4 cup lemon juice  
1 tablespoon minced garlic  
1/3 cup olive oil  
salt to taste

## Directions

Pierce the eggplant 4 or 5 times with the tip of a paring knife. Microwave on High for 6 to 8 minutes until softened, then place on a plate, and allow to cool to room temperature.

Peel off the skin and stem, discard. Roughly chop the eggplant and place into the bowl of a blender along with the tahini, lemon juice, garlic, and olive oil. Puree until smooth, adding water if needed to make a thick paste; season to taste with salt.

# Eggplant Rollatini

## Ingredients

1 eggplant, peeled and cut lengthwise into 1/4 inch slices  
1 egg, beaten  
1 cup Italian seasoned bread crumbs  
2 tablespoons olive oil  
1 cup ricotta cheese  
10 slices prosciutto  
1 (14 ounce) jar spaghetti sauce  
2 cups shredded mozzarella cheese  
1 (8 ounce) package angel hair pasta

## Directions

Dip the eggplant slices in egg, then coat with bread crumbs. Heat the olive oil in a large skillet over medium-high heat. Fry the eggplant on each side until golden brown. Remove to a paper towel lined plate to drain.

Preheat the oven to 350 degrees F (175 degrees C).

Spread a thin layer of ricotta cheese onto each slice of eggplant. Place a slice of prosciutto onto each one. Roll up tightly, and place seam side down in a 9x13 inch baking dish. Pour spaghetti sauce over the rolls, and top with shredded mozzarella cheese.

Bake for 15 minutes in the preheated oven, until the cheese is melted and lightly browned.

While the eggplant rolls are baking, bring a large pot of lightly salted water to a boil. Add the angel hair pasta, and cook for 2 to 3 minutes, until tender. Drain. Serve eggplant rolls and sauce over pasta.

# Prawns in Peanut Soup

## Ingredients

2 cups water  
salt to taste  
2 1/4 pounds peeled and deveined prawns  
1/2 pound fresh green beans, trimmed  
1 large eggplant, diced  
1/2 pound bok choy, chopped  
2 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, minced  
1 teaspoon achiote powder  
3 tablespoons smooth peanut butter

## Directions

Bring the water and salt to a boil in a large pot. Add the prawns to the water and return to a boil; cook at a boil for 5 minutes. Remove the prawns with a strainer and set aside.

Cook the beans, eggplant, and bok choy in the water until slightly tender, about 3 minutes. Drain and reserve the liquid. Set the vegetables aside.

Heat the olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until fragrant, about 5 minutes. Sprinkle the achiote powder over the mixture; stir until you produce an even orange-red color. Add the peanut butter and continue stirring until the peanut butter has melted evenly into the mixture. Stir the reserved water into the mixture and bring to a boil; cook at a boil for 3 minutes before stirring in the prawns and vegetables. Continue boiling together 2 minutes more before serving.

# Roasted Vegetable Ziti Bake

## Ingredients

1 pound eggplant, peeled and cut into 1-inch cubes  
1 large red onion, cut into 1-inch pieces  
2 medium yellow sweet peppers, cut into 1-inch pieces  
1 tablespoon olive or canola oil  
1/2 teaspoon salt  
SAUCE:  
1 1/2 cups chopped onions  
2 teaspoons olive or canola oil  
6 garlic cloves, minced  
1/2 teaspoon crushed red pepper flakes  
1/2 teaspoon fennel seed, crushed  
1 (28 ounce) can crushed tomatoes  
1 (14.5 ounce) can diced tomatoes, undrained  
1/4 cup minced fresh parsley  
1 1/4 teaspoons salt  
1/2 teaspoon pepper  
1/4 teaspoon sugar  
1/8 teaspoon dried thyme  
1 (16 ounce) package ziti or other small tube pasta  
4 cups chopped fresh spinach  
1 cup shredded part-skim mozzarella cheese

## Directions

In a 15-in. x 10-in. x 1-in. baking pan coated with nonstick cooking spray, combine the eggplant, red onion and yellow peppers. Drizzle with oil; sprinkle with salt. Bake, uncovered, at 400 degrees F for 35-45 minutes or until edges of peppers begin to brown, stirring every 10 minutes.

Meanwhile, in a saucepan, saute onions in oil until tender. Add garlic, red pepper flakes and fennel; cook and stir for 1 minute. Add the tomatoes, parsley, salt, pepper, sugar and thyme. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Cook pasta according to package directions; drain.

In two greased 2-qt. baking dishes, spread 1/2 cup sauce each. In each dish, layer a fourth of the pasta, a fourth of the roasted vegetables and 1/2 cup sauce. Top with 2 cups spinach and 1/2 cup sauce. Top with remaining roasted vegetables, pasta and sauce.

Cover and bake at 350 degrees F for 30 minutes. Uncover; sprinkle with cheese. Bake 10-15 minutes longer or until heated through and cheese is melted.



# Grilled Vegetables in Balsamic Tomato Sauce with

## Ingredients

- 1 tablespoon olive oil
- 1 red bell pepper
- 1 zucchini
- 1 small eggplant
- 1 large sweet onion
- 3/4 cup frozen broad beans
- 1 (14.5 ounce) can diced tomatoes
- 2 tablespoons balsamic vinegar
- 1 cup couscous
- 1 cup vegetable stock

## Directions

Remove the seeds from the pepper, and chop into strips about 1 to 2 inches long. Cut the eggplant crossways into rounds about 1/3 to 1/2 inch thick, and cut each one into 6 to 8 even chunks. Peel the onion, and chop into 8 portions. Trim the zucchini, and cut into thick slices.

Heat grill pan over a high heat with a generous splash of olive oil. When it is very hot, add all the vegetables to the pan. Press down occasionally to get grill lines across them. Turn occasionally to prevent burning. Cook for about 15 minutes, or until the vegetables are evenly browned and cooked through.

Stir broad beans into the vegetables. Add chopped tomatoes, and vinegar. Simmer for a few minutes while the couscous is prepared.

Place couscous into a medium bowl. Add boiling vegetable stock, and stir with a fork. Keep lifting the couscous occasionally to prevent it sticking. It only takes 2 to 3 minutes to become soft. Place couscous in a large bowl or serving platter, and serve the vegetables on top.

# Alu Baigan

## Ingredients

- 1 eggplant
- 2 large potatoes, cut into 3/4 inch cubes
- 1/4 cup vegetable oil
- 3 teaspoons black mustard seed
- 1 medium onion, sliced
- 1/2 teaspoon chili powder
- 1 teaspoon ground dried turmeric
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger root
- 2 teaspoons garam masala
- 2 teaspoons caraway seed
- 1/4 cup soy sauce

## Directions

Fill a large bowl with cold water. Cut the eggplant into 3/4 inch cubes, and immediately place into the water to keep from turning brown. Pour the oil and mustard seeds into a pot, and place over medium heat. Cook until the seeds begin to pop, being careful not to burn. Stir in the onion, and cook until tender. Sprinkle in the chili powder, turmeric, cumin, coriander, garlic, ginger, garam masala, and caraway seed; cook for a minute or two to release the flavor.

Drain the eggplant, add it to the pot, and fry it for a few minutes. Pour in the potatoes, and soy sauce, then add enough water to cover. Turn the heat to high, bring to a boil, then turn heat to low and simmer for approximately 30 minutes until potatoes have cooked.

# Veggie Delight on Garlic Bread

## Ingredients

1/8 cup olive oil  
1 clove garlic, chopped  
1 medium eggplant, cubed  
1 zucchini, cubed  
1 medium tomato - peeled, seeded and chopped  
1 teaspoon salt  
2 teaspoons minced fresh oregano  
2 teaspoons minced fresh basil (optional)  
1 French baguette  
4 teaspoons garlic powder  
6 teaspoons butter, softened

## Directions

Place olive oil and garlic in a large skillet. Fry (stirring occasionally) over a medium heat until the garlic is golden brown; approximately 2 minutes.

Add eggplant and zucchini to the skillet, fry until the eggplant is brown and tender; approximately 5 to 7 minutes.

Add the tomato chunks to the skillet, stir the mixture until the tomato becomes a pulp. Mix in salt, oregano, and basil. Stir the entire mixture over the heat for 2 minutes, then remove pan from heat and let the mixture cool.

Preheat oven to 325 degrees F (165 degrees C).

Slice the bread into 12 (1-inch thick) slices. Distribute garlic powder and butter evenly over the top of each slice. Place the slices directly onto the oven rack (do not use a cookie sheet, the bread will get crisper this way). Let the bread heat for 3 to 5 minutes.

Remove the bread from the oven and arrange them on a serving platter. Spread the vegetable mixture over the 12 bread slices, distribute the topping as evenly as you can. Serve immediately.

# Pasta Melanzana

## Ingredients

3/4 cup bow tie (farfalle) pasta  
1 medium eggplant, peeled and cubed  
4 tablespoons olive oil  
4 cloves garlic, finely chopped  
1 tablespoon butter  
3 cups fresh spinach, chopped  
3 tablespoons fresh lemon juice  
salt and pepper  
3/4 cup grated Parmesan cheese, divided  
cracked black pepper to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Keep warm.

Meanwhile, heat the olive oil and butter in a skillet over medium heat. Add the garlic; cook and stir until softened. Mix in the eggplant. Let the eggplant cook for 5 minutes without stirring. Then stir and cook until tender, about 5 more minutes.

Mix in the spinach and season with salt, and pepper. Cook, stirring occasionally, for 3 minutes. Stir in the drained pasta and lemon juice along with 1/2 cup Parmesan cheese. Transfer to a serving dish and top with remaining cheese and cracked black pepper.

# Eggplant and Tomato Bake

## Ingredients

3 large eggplants  
1 1/2 teaspoons salt  
2 onions, chopped  
2 cloves garlic, crushed  
1 tablespoon olive oil  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 (10.75 ounce) can tomato puree  
1/4 cup water  
1 pinch ground black pepper  
2 (8 ounce) containers plain low-fat yogurt  
1/4 cup wheat germ or whole wheat breadcrumbs  
2 tablespoons grated Parmesan cheese

## Directions

Slice the eggplants into 1/4 inch slices and lightly salt them. Leave them to sweat for 30 minutes. While the eggplant are set aside, saute the onions, garlic, and olive oil in a large skillet over a low heat, covering the pan with a lid to keep them moist. Saute the onions until they are soft and turning gold in color.

Mix the basil, oregano, tomato puree, water, salt and pepper into the pan of onions and simmer for ten minutes.

While the mixture is simmering, rinse off the eggplant slices and steam them either in a microwave steamer basket (in two batches at 10 minutes each) or in a steamer over the stove.

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish with non-aerosol cooking spray.

Spread 2 to 3 tablespoons of the tomato sauce-mixture over the bottom of the prepared baking dish. Arrange one layer of the eggplants on the bottom of the dish. Pour one third of the tomato sauce over the eggplant. Pour one container of yogurt over the tomato sauce. Repeat the eggplant layer, tomato sauce, yogurt, eggplants, and top the dish with the remaining tomato sauce.

Cover dish with foil and bake for 30 minutes. Uncover and sprinkle the wheat germ or breadcrumbs over the top of the casserole, followed by the Parmesan cheese. Bake for another 20 to 30 minutes; until topping is golden brown.

# Veggie Pasta Minus the Pasta

## Ingredients

1 1/2 cups grape tomatoes, halved  
1 large spaghetti squash, halved and seeded  
1/3 cup water  
salt and ground black pepper to taste  
3 tablespoons olive oil, divided  
2 cloves garlic, minced  
1/2 teaspoon dried basil  
1/2 teaspoon Italian seasoning  
1 red onion, chopped  
1 green bell pepper, chopped  
1 baby eggplant, halved lengthwise and sliced crosswise  
1 carrots, sliced thin  
1/3 cup white wine

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Arrange the tomatoes on a baking sheet with the cut sides facing up.

Roast the tomatoes in the preheated oven until cooked through and slightly browned on the underside, about 15 minutes.

Place squash halves face down in glass baking dish with the water; cover with plastic wrap. Microwave on High for 8 minutes. Leave covered and set aside. Once the squash is cool enough to handle, scrape in strands into a large bowl with a fork; season with salt and pepper and toss with 1 tablespoon olive oil.

Heat the remaining 2 tablespoons olive oil in a large skillet over medium-low heat; cook and stir the garlic, basil, and Italian seasoning in the oil until the garlic is softened, about 10 minutes. Add the onion, green bell pepper, eggplant, and carrot to the garlic; increase heat to medium. Continue cooking and stirring until the vegetables are nearly tender, 10 to 15 minutes. Mix the tomatoes and white wine into the vegetable mixture; cook another 2 to 3 minutes. Transfer the vegetables to the bowl with the spaghetti squash; gently toss together.

# Eggplant Snack Sticks

## Ingredients

1 medium eggplant  
1/2 cup toasted wheat germ  
1/2 cup grated Parmesan cheese  
1 teaspoon Italian seasoning  
3/4 teaspoon garlic salt  
1/2 cup egg substitute  
1 cup meatless spaghetti sauce,  
warmed

## Directions

Cut eggplant lengthwise into 1/2-in.-thick slices, then cut each slice lengthwise into 1/2-in. strips. In a shallow dish, combine the wheat germ, Parmesan cheese, Italian seasoning and garlic salt. Dip eggplant sticks in egg substitute, then coat with wheat germ mixture. Arrange in a single layer on a baking sheet coated with nonstick cooking spray.

Spritz eggplant with cooking spray. Broil 4 in. from the heat for 3 minutes. Remove from the oven. Turn sticks and spritz with cooking spray. Broil 2 minutes longer or until golden brown. Serve immediately with spaghetti sauce.

# Eggplant Antipasto

## Ingredients

1 large eggplant, peeled and cubed  
1 onion, chopped  
2 cloves garlic, minced  
1/3 cup chopped green bell pepper  
3/4 cup sliced mushrooms  
1/3 cup olive oil  
1/4 cup water  
1/2 cup sliced stuffed green olives  
1 teaspoon salt  
1 (6 ounce) can tomato paste  
2 tablespoons red wine vinegar  
1 1/2 teaspoons white sugar  
1/4 teaspoon dried basil  
1/4 teaspoon dried oregano  
1/4 teaspoon ground black pepper

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium baking dish, mix the eggplant, onion, garlic, green bell pepper, mushrooms and olive oil.

Cook covered 10 minutes in the preheated oven.

Remove the eggplant mixture from the oven and stir in the water, sliced stuffed green olives, salt, tomato paste, red wine vinegar, sugar, basil, oregano and pepper.

Continue baking 30 minutes, or until the eggplant is tender.

Chill the mixture in the refrigerator 8 hour or overnight before serving.



# Eggplant and Pepper Parmesan Sandwiches

## Ingredients

1 eggplant, seeded and cut lengthwise into 1/4 inch slices  
1 red bell pepper, sliced into thin strips  
salt and pepper to taste  
1 French baguette  
2 ounces soft goat cheese  
1/4 cup tapenade (olive spread)  
1/4 cup grated Parmesan cheese

## Directions

Preheat the oven broiler.

Place the eggplant and red bell pepper on a medium baking sheet, and season with salt and pepper. Broil 5 to 10 minutes, until tender and slightly browned.

Cut baguette in half lengthwise. Spread bottom half with goat cheese, followed by tapenade. Layer with eggplant and red pepper, then sprinkle with Parmesan cheese. Cover with top half of baguette. Cut into 4 pieces. Serve hot or cold.

# Summer Vegetable Ratatouille

## Ingredients

2 onion, sliced into thin rings  
3 cloves garlic, minced  
1 medium eggplant, cubed  
2 zucchini, cubed  
2 medium yellow squash, cubed  
2 green bell peppers, seeded and cubed  
1 yellow bell pepper, diced  
1 chopped red bell pepper  
4 roma (plum) tomatoes, chopped  
1/2 cup olive oil  
1 bay leaf  
2 tablespoons chopped fresh parsley  
4 sprigs fresh thyme  
salt and pepper to taste

## Directions

Heat 1 1/2 tablespoon of the oil in a large pot over medium-low heat. Add the onions and garlic and cook until soft.

In a large skillet, heat 1 1/2 tablespoon of olive oil and saute the zucchini in batches until slightly browned on all sides. Remove the zucchini and place in the pot with the onions and garlic.

Saute all the remaining vegetables one batch at a time, adding 1 1/2 tablespoon olive oil to the skillet each time you add a new set of vegetables. Once each batch has been sauteed add them to the large pot as was done in step 2.

Season with salt and pepper. Add the bay leaf and thyme and cover the pot. Cook over medium heat for 15 to 20 minutes.

Add the chopped tomatoes and parsley to the large pot, cook another 10-15 minutes. Stir occasionally.

Remove the bay leaf and adjust seasoning.

# Rich and Creamy Roasted Eggplant Soup

## Ingredients

3 tomatoes, halved  
1 eggplant, halved lengthwise  
1 small onion, halved  
6 cloves garlic, peeled  
2 tablespoons vegetable oil  
1 tablespoon chopped fresh thyme  
4 cups chicken broth  
1 cup heavy cream  
3 1/2 ounces crumbled goat cheese  
salt and pepper to taste

## Directions

Preheat oven to 400 degrees F (200 degrees C). Place tomatoes, eggplant, onion and garlic on a baking sheet and brush with oil.

Roast in preheated oven until very tender and brown in spots, 45 minutes.

Scoop out eggplant pulp and discard skin. Place eggplant pulp, tomatoes, onion and garlic in a large heavy saucepan with thyme and chicken broth. Bring to a boil over medium heat, then reduce heat and simmer until onion is very tender, 45 minutes.

Puree in batches in a food processor or blender, or using an immersion blender. Return to low heat and stir in cream. Bring to a simmer, thinning with more broth, if necessary. Season with salt and pepper. Ladle into bowls and sprinkle with goat cheese.

# Briam (Greek Mixed Vegetables in Tomato Sauce)

## Ingredients

4 tomatoes  
1/2 cup olive oil  
2 tablespoons red wine vinegar  
2 tablespoons white sugar  
1/3 cup chopped fresh parsley  
1/3 cup chopped fresh mint  
1/3 cup chopped fresh basil  
2 tablespoons fresh oregano  
1/4 cup capers  
2 cloves garlic  
salt and ground black pepper to taste

2 tablespoons olive oil  
2 onions, sliced  
2 potatoes, sliced  
2 eggplant, sliced  
3 zucchini, sliced  
3 green bell peppers, sliced  
2 cups okra

## Directions

Preheat oven to 350 degrees F (175 degrees C). Place three of the tomatoes, the 1/2 cup olive oil, red wine vinegar, sugar, parsley, mint, basil, oregano, capers, and garlic in the bowl of a food processor and process to create a fresh tomato sauce. Season with salt and black pepper; set aside. Chop the remaining tomato; set aside.

Heat the 2 tablespoons olive oil in a skillet over medium heat, and cook and stir the onions until slightly golden, about 10 minutes.

Stir together the onions, potatoes, eggplant, zucchini, bell peppers, okra, the reserved chopped tomato, and the fresh tomato sauce, and place the mixture in a large baking pan. If needed, stir in a little water so that the vegetables are just covered with sauce.

Bake in the preheated oven until all vegetables are tender, about 1 hour.

# Eggplant and Zucchini Casserole

## Ingredients

2 cups water  
4 tablespoons butter  
8 ounces dry bread stuffing mix  
1 large eggplant, diced  
2 large zucchini, diced  
1 onion, chopped  
1 tomato, chopped  
1 teaspoon dried thyme  
2 cups shredded Colby cheese  
salt to taste  
ground black pepper to taste

## Directions

In a microwavable bowl, mix water and margarine (cut into pieces). Stir in stuffing mix and cover with a microwavable lid. Cook on HIGH for 8 to 10 minutes. Fluff with fork.

Place eggplant, zucchini, tomato, onion into a large skillet. Season with thyme, salt, and pepper. Cook and stir over medium low heat for 15 to 20 minutes. Remove from heat.

Preheat oven to 350 degrees F ( 175 degrees C). Grease a 2 quart casserole dish.

Layer vegetables, cheese, and stuffing in the dish until all ingredients have been used, ending with cheese.

Bake for 30 to 40 minutes.

# Eggplant Mexicano

## Ingredients

1/2 cup vegetable oil  
1 teaspoon garlic powder  
1 teaspoon dried oregano  
1 medium eggplant, peeled and cut into 1/2 inch slices  
2/3 cup salsa, warmed  
1/2 cup shredded Monterey Jack cheese

## Directions

In a bowl, combine the oil, garlic powder and oregano; brush over both sides of eggplant. Grill, uncovered, over medium heat for 4 minutes on each side or until tender. To serve, spoon a small amount of salsa into the center of each; sprinkle with cheese.

# Roasted Eggplant and Mushrooms

## Ingredients

1 medium eggplant, peeled and cubed  
2 small zucchini, cubed  
1/2 small yellow onion, chopped  
1 (8 ounce) package mushrooms, sliced  
1 1/2 tablespoons tomato paste  
1/2 cup water  
1 clove garlic, minced  
1/2 teaspoon dried basil  
salt and pepper to taste

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Place eggplant, zucchini, onion and mushrooms in a 2 quart casserole dish. In a small bowl combine the tomato paste with the water, and stir in garlic, basil, salt and pepper. Pour over the vegetables and mix well.

Bake in preheated oven for 45 minutes, or until eggplant is tender, stirring occasionally. Add water as necessary if vegetables begin to stick; however, vegetables should be fairly dry, with slightly browned edges.

# Grilled Mediterranean Vegetable Sandwich

## Ingredients

1 eggplant, sliced into strips  
2 red bell peppers  
2 tablespoons olive oil, divided  
2 portobello mushrooms, sliced  
3 cloves garlic, crushed  
4 tablespoons mayonnaise  
1 (1 pound) loaf focaccia bread

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Brush eggplant and red bell peppers with 1 tablespoon olive oil; use more if necessary, depending on sizes of vegetables. Place on a baking sheet and roast in preheated oven. Roast eggplant until tender, about 25 minutes; roast peppers until blackened. Remove from oven and set aside to cool.

Meanwhile, heat 1 tablespoon olive oil and saute mushrooms until tender. Stir crushed garlic into mayonnaise. Slice focaccia in half lengthwise. Spread mayonnaise mixture on one or both halves.

Peel cooled peppers, core and slice. Arrange eggplant, peppers and mushrooms on focaccia. Wrap sandwich in plastic wrap; place a cutting board on top of it and weight it down with some canned foods. Allow sandwich to sit for 2 hours before slicing and serving.



## Ingredients

- 4 medium eggplants
- 4 cloves garlic
- 1/4 cup fresh basil
- 2 fresh green chile peppers
- 1/4 cup tahini
- 4 tablespoons fresh lemon juice
- 1 teaspoon salt
- 1 sprig fresh mint
- 1 teaspoon olive oil

## Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking sheet.

Place eggplants on the baking sheet. Bake in the preheated oven 30 minutes, or until soft and seared.

In a food processor, grind together garlic, basil and green chile peppers.

Scoop eggplant from skins and mix with garlic mixture in the food processor.

Transfer the mixture to a medium serving dish. With a fork, mash in tahini, lemon juice and salt. Garnish with mint and olive oil.

# Indian Eggplant - Bhurtha

## Ingredients

1 eggplant  
2 tablespoons vegetable oil  
1/2 teaspoon cumin seeds  
1 medium onion, sliced  
1 teaspoon chopped fresh ginger  
1 large tomato - peeled, seeded and diced  
1 clove garlic, minced  
1/2 teaspoon ground turmeric  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1/4 teaspoon cayenne pepper  
1/2 teaspoon salt, or to taste  
ground black pepper to taste  
1/4 cup chopped fresh cilantro

## Directions

Preheat the oven's broiler. Rub oil on the outside of the egg plant, or coat with cooking spray. Place under the broiler, and cook until the flesh is soft and the skin is blistering off, about 30 minutes. Turn as needed for even cooking. Cut the eggplant in half lengthwise, and scoop the flesh out of the skin. Discard the skin; chop up the flesh, and set aside.

Heat the oil in a large skillet or wok over medium-high heat. Add the cumin seeds, and let them crackle for a few seconds and turn golden brown. Be careful not to burn them. Add the onion, ginger and garlic; cook and stir until tender. I don't let the onions get very brown. Stir in the tomato, and season with turmeric, ground cumin, ground coriander, cayenne pepper, salt and black pepper. Cook and stir for a few minutes.

Place the eggplant pieces in the skillet, and cook for 10 to 15 minutes so some of the moisture evaporates. Taste, and adjust seasonings if desired. Garnish with fresh cilantro, and serve.

# Peanut Millet with Grilled Curried Vegetables

## Ingredients

2 1/3 cups water  
1 1/2 teaspoons salt  
1 cup millet  
6 tablespoons olive oil  
3 tablespoons balsamic vinegar  
2 tablespoons orange juice  
4 cloves garlic, minced  
1 tablespoon minced fresh ginger root  
2 tablespoons curry powder  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground black pepper  
1 tablespoon honey  
1 red onion, quartered  
2 carrots  
8 mushrooms, halved  
1/2 eggplant, sliced into 1/2 inch rounds  
1/2 cup chopped, unsalted dry-roasted peanuts  
2 tablespoons chopped fresh cilantro

## Directions

In a large saucepan over medium heat, heat the water with 1 teaspoon salt until the water comes to a boil. Add the millet, and bring to a boil again. Cover the pan and reduce the heat. Cook the millet for 30 minutes over low heat. Once the millet has finished cooking turn the heat off and let it sit.

While the millet is cooking, heat a grill over a medium-hot fire.

Combine the olive oil, vinegar, orange juice, garlic, ginger, curry powder, cinnamon, black pepper, honey, and 1/2 teaspoon salt in a small bowl; stir well.

Place the onion, carrots and button mushrooms in a large bowl; pour the marinade over them. Toss well with your hands. The vegetables can sit for up to 24 hours in this marinade; cover and refrigerate them if you'd like to refrigerate them.

Place the carrots and onions on the coolest part of the grill for 10 minutes or so, turning them periodically. Grill the mushrooms for 3 minutes per side.

Stir the peanuts into the warm millet. Spoon the millet onto plates, then distribute the grilled vegetables on top. Spoon the remaining marinade over the vegetables and sprinkle with cilantro.

# End-of-the-Garden Casserole

## Ingredients

1 pound medium potatoes, thinly sliced  
1 medium zucchini, thinly sliced  
1 1/2 pounds medium onions, thinly sliced  
1 small eggplant, peeled and sliced  
1 pound medium tomatoes, sliced  
1 1/2 cups shredded part-skim mozzarella cheese  
1/4 cup grated Parmesan cheese  
1/2 teaspoon dried basil  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup water

## Directions

Layer half of the first 10 ingredients in a 3-qt. baking dish coated with nonstick cooking spray. Repeat layers. Pour water over the top. Cover and bake at 375 degrees F for 60-75 minutes or until tender. Uncover; bake 5 minutes longer or until lightly browned.

# Roasted Vegetables

## Ingredients

8 zucchini, peeled and chopped  
1 eggplant, peeled and diced  
8 carrots, diced  
16 cherry tomatoes  
2 red onions, sliced  
1 red bell pepper, sliced  
1 yellow bell pepper, sliced  
1/2 cup olive oil  
1 teaspoon dried rosemary  
1 teaspoon dried thyme  
2 bay leaves, crushed  
1 teaspoon dried oregano  
2 cloves garlic, minced  
2 tablespoons fresh lemon juice  
1 teaspoon grated lemon zest  
salt and pepper to taste

## Directions

In a large bowl mix the zucchini, eggplant, carrots, tomatoes, onions and peppers with the oil, rosemary, thyme, bay leaves, oregano, garlic, lemon juice, lemon zest, salt and pepper. Cover and chill for at least 2 hours, and preferably overnight.

Preheat oven to 400 degrees F (200 degrees C).

On a large roasting pan, roast the vegetables, uncovered, for 20 minutes, or until the tomatoes have split and the edges of some of the vegetables are starting to crisp. Remove from the oven and stir before returning to the oven for another 20 minutes. At this time reduce heat to 200 degrees F (95 degrees C) and continue cooking until vegetables are tender, turning every 20 minutes.

# Eggplant-Ziti Parmesan

## Ingredients

1 medium eggplant, peeled and thinly sliced  
1 (16 ounce) package dry ziti pasta  
1 (15 ounce) container ricotta cheese  
2 eggs, beaten  
1 pound mozzarella cheese, shredded  
1/2 cup grated Pecorino Romano cheese  
1 (26 ounce) jar spaghetti sauce, or your favorite recipe  
1 pinch salt and pepper to taste

## Directions

Place the eggplant slices in a bowl, and sprinkle with salt. Let drain over a bowl in the refrigerator for at least an hour. I like to do this overnight.

Preheat the oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook for about 6 minutes, or until almost tender. It will cook the rest of the way in the oven. Drain. Mix together the ricotta cheese and eggs in a small bowl. Stir in half of the mozzarella cheese and Pecorino Romano cheese.

Spread a thin layer of sauce in the bottom of a 9x13 inch baking dish. Arrange layers of eggplant, cheese, ziti pasta, and more sauce all the way to the top of the pan. Top with remaining mozzarella cheese.

Bake for 45 minutes in the preheated oven, until heated through and cheese is lightly browned.

# A Vegetable Stew - Tabakh Rohoo

## Ingredients

1 tablespoon ghee (clarified butter)  
1 pound lamb meat, cut into small pieces  
1/2 teaspoon ground allspice  
1/4 teaspoon ground cinnamon  
1/8 teaspoon ground cloves  
1/8 teaspoon ground nutmeg  
1 pinch ground cardamom  
2 onions, sliced  
1 potato, peeled and sliced  
1 pound eggplant, peeled and cubed  
1 pound zucchini, thickly sliced  
2 pounds tomatoes, cubed  
1 chile pepper, chopped  
salt to taste  
1 tablespoon tomato paste  
1/4 cup water  
6 cloves garlic  
salt to taste  
3 tablespoons dried mint

## Directions

Heat the ghee in a large pot over medium heat. Place the lamb meat in the pot, and cook until evenly brown. Season with allspice, cinnamon, cloves, nutmeg, and cardamom.

Place a layer of onion on top of the lamb in the pot, followed by layers of potato, eggplant, zucchini, and tomatoes. Do not stir. Place the chile pepper in the center of the vegetables. Season with salt. Mix the tomato paste and water, and pour over the vegetables. Bring to a boil, reduce heat to low, and simmer 1 hour, until vegetables are tender.

With a mortar and pestle, crush together the garlic, salt, and mint. Mix with 2 tablespoons of liquid from the pot, and pour over ingredients in pot. When removing the mixture to the serving dish - a fairly open or wide bowl - tip the pot and let it slide out the side so that it stays in the layers.

# Stuffed Eggplant Parmesan

## Ingredients

2 tablespoons olive oil  
2 medium eggplants, cut in half lengthwise and hollowed out to 1/4 inch flesh rim  
1/2 cup chopped onion  
2 cloves garlic, crushed  
1 teaspoon dried oregano  
freshly ground black pepper to taste  
1/4 cup grated Parmesan cheese  
1/2 cup bread crumbs  
1 teaspoon chopped fresh Italian parsley  
2 cups tomato sauce  
1 cup shredded mozzarella cheese

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Heat olive oil in a large skillet over medium high heat. Roughly chop eggplant centers, and add to pan with onion, garlic, oregano, and pepper. Cook and stir until lightly browned. Spoon mixture back into eggplant, and sprinkle each with Parmesan cheese, bread crumbs, and parsley. Place in a shallow baking dish, and cover with tomato sauce and mozzarella cheese.

Bake in the preheated oven for 30 minutes, or until eggplant is fork-tender and cheese is bubbly. Serve immediately.



# Polenta and Vegetable Casserole

## Ingredients

1 (16 ounce) tube polenta, cut into 1/2 inch slices  
1 (16 ounce) can black beans  
1 (15 ounce) can kidney beans  
1 (10 ounce) can whole kernel corn  
1 onion, chopped  
1 green bell pepper, chopped  
1 small eggplant, peeled and cubed  
6 fresh mushrooms, chopped  
1 (1.27 ounce) packet dry fajita seasoning  
1 (8 ounce) jar salsa  
1 cup shredded mozzarella cheese  
1/3 cup black olives

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x13 inch baking dish.

Heat oil in a skillet over medium heat. Cook and stir onion, green pepper, eggplant, and mushrooms in oil until soft. Mix in fajita seasoning.

Line prepared baking dish with slices of polenta. Spread beans and corn evenly over the polenta, and then spread onion mixture over the beans. Top with salsa, mozzarella cheese and black olives.

Bake until heated through, about 20 minutes.

# Pan Fried Eggplant with Saffron Mayonnaise

## Ingredients

1 pinch saffron  
1 tablespoon hot water  
1/2 cup mayonnaise  
1 teaspoon minced garlic  
  
1/2 cup all-purpose flour  
1 teaspoon cayenne pepper  
2 teaspoons garlic powder  
1 teaspoon kosher salt  
4 small eggplant, cut lengthwise  
into 1/4 inch thick slices  
2 eggs, beaten  
1/2 cup olive oil, or as needed  
8 sprigs parsley, for garnish

## Directions

Stir saffron into hot water, and set aside for 5 to 10 minutes. Stir together saffron water, mayonnaise, and minced garlic until smooth; set aside.

Whisk together flour, cayenne pepper, garlic powder, and kosher salt in a shallow bowl. Dip the eggplant slices into beaten egg, then dust with flour. Gently shake off excess flour, and place eggplant slices onto a baking sheet.

Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Fry the eggplant slices until golden brown on each side, about 2 minutes per side. Add 2 tablespoons of olive oil before frying each batch of eggplant. Once all of the eggplant has been fried, roll up into cylinders and secure with toothpicks. Garnish with parsley and serve with saffron mayonnaise.

# Cannelloni Tre Saperi

## Ingredients

1/4 cup butter  
1/4 cup all-purpose flour  
2 cups milk  
12 ounces shredded mozzarella cheese  
1/2 cup chopped Italian flat leaf parsley  
2 egg yolks

### Filling:

2 tablespoons olive oil  
2 leeks, finely chopped  
2 teaspoons minced garlic  
1/2 cup white wine  
1 large eggplant, finely chopped  
2 portobello mushrooms, chopped  
1 pound ground chicken  
2 teaspoons minced fresh rosemary  
4 teaspoons Italian seasoning  
salt and pepper to taste

1 pound fresh pasta sheets, cut into 4 inch squares  
1 cup freshly grated Parmesan cheese

## Directions

Melt butter in a saucepan over medium heat. Stir in flour, and cook until the flour turns from white to a pale beige color, 3 to 4 minutes. Whisk in the milk; cook and stir until the milk has thickened and the flour no longer tastes grainy, about 7 minutes. Remove from the heat and whisk in mozzarella cheese until melted and smooth, then whisk in parsley and egg yolks; set aside and allow to cool.

Heat olive oil in a large skillet over medium heat; stir in leeks and garlic and cook until the leek has softened and turned translucent, about 4 minutes. Pour in white wine, and allow to cook until evaporated. Mix the leeks together with the eggplant, mushrooms, and ground chicken in a medium bowl. Season with rosemary, Italian seasoning, salt, and pepper; mix until evenly blended and set aside.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 2 to 3 minutes or until al dente; drain and rinse under cold running water to chill, set aside.

Preheat oven to 350 degrees F (175 degrees C).

Spread about 1 cup of the white sauce in the bottom of a 9x13 inch glass baking dish. Assemble the cannelloni by placing a small amount of filling onto a pasta square, then rolling it into a firm cylinder. Place the cannelloni into the baking dish as you make them. Pour the remaining white sauce ovetop, making sure that none of the pasta is uncovered. Sprinkle with Parmesan cheese.

Bake in preheated oven until the filling has firmed and the sauce has turned bubbly and golden brown. The cannelloni will be ready when the filling reaches 165 degrees F (75 degrees C).

# Chicken Tagine

## Ingredients

2 tablespoons olive oil  
8 skinless, boneless chicken thighs, cut into 1-inch pieces  
1 eggplant, cut into 1 inch cubes  
2 large onions, thinly sliced  
4 large carrots, thinly sliced  
1/2 cup dried cranberries  
1/2 cup chopped dried apricots  
2 cups chicken broth  
2 tablespoons tomato paste  
2 tablespoons lemon juice  
2 tablespoons all-purpose flour  
2 teaspoons garlic salt  
1 1/2 teaspoons ground cumin  
1 1/2 teaspoons ground ginger  
1 teaspoon cinnamon  
3/4 teaspoon ground black pepper  
1 cup water  
1 cup couscous

## Directions

Heat olive oil in a skillet over medium-high heat. Place the chicken pieces and eggplant in the heated oil; stir and cook until the chicken is browned on all sides but not cooked through. Remove the skillet from the heat.

Place the browned chicken and eggplant on the bottom of a slow cooker. Layer the onion, carrots, dried cranberries, and apricots over the chicken.

Whisk together the chicken broth, tomato paste, lemon juice, flour, garlic salt, cumin, ginger, cinnamon, and ground black pepper in a bowl. Pour the broth mixture into the slow cooker with the chicken and vegetables.

Cook on High setting for 5 hours, or on Low setting for 8 hours.

Bring water to boil in a saucepan. Stir in couscous, and remove from heat. Cover, and let stand about 5 minutes, until liquid has been absorbed. Fluff with a fork.

# Eggplant Vinaigrette

## Ingredients

2 pounds small eggplants  
1 whole head garlic, peeled and chopped  
1 cup olive oil  
1/2 cup red wine vinegar  
salt and pepper to taste  
1 pinch cayenne pepper, or to taste

## Directions

Rinse eggplants, and remove the stems. Place in a large pot of lightly salted water. Bring to a boil, and cook for 10 minutes. Drain, and set aside to cool.

In a medium bowl, stir together the garlic, salt, pepper, and cayenne. Cut a slit lengthwise down the center of each eggplant, and pack full of the garlic mixture. Place the eggplants in a glass jar, or glass baking dish. Whisk together the oil and vinegar, and pour over the egg plants to cover. Refrigerate for 2 days before slicing and serving.

# Chicken Vegetable Medley

## Ingredients

6 (4 ounce) skinless, boneless chicken breast halves  
4 tablespoons olive or vegetable oil, divided  
8 ounces fresh mushrooms, sliced  
4 garlic cloves, minced  
3 tomatoes - peeled, seeded and chopped  
2 medium eggplants, peeled and diced  
2 large green peppers, diced  
2 medium zucchini, diced  
1 large onion, diced  
1 (8 ounce) can tomato sauce  
1 bay leaf  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1/2 teaspoon dried marjoram  
1/2 teaspoon dried thyme  
1/2 teaspoon salt  
1/4 teaspoon pepper

## Directions

In a large skillet or Dutch oven over medium heat, brown chicken in 1 tablespoon of oil; set chicken aside. Add remaining oil to skillet; saute mushrooms, garlic, tomatoes, eggplant, green pepper, zucchini and onion for 10-15 minutes or until vegetables are tender. Add remaining ingredients; bring to a boil. Return chicken to skillet. Reduce heat; cover and simmer for 30-40 minutes or until chicken juices run clear. Remove bay leaf before serving.

# Herb Roasted Vegetables

## Ingredients

1 1/2 pounds new potatoes,  
quartered  
1/2 cup baby carrots  
1 small onion, cut into wedges  
1/4 cup olive oil  
3 tablespoons lemon juice  
3 cloves garlic, minced  
1 tablespoon chopped fresh  
rosemary  
1 tablespoon dried oregano  
salt and pepper to taste  
1/2 small eggplant, quartered and  
cut into 1/2-inch st  
1 red bell pepper, cut into 1/2-  
inch wide strips

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Combine potatoes, carrots, and onion in an ungreased 13x9 inch baking pan. Combine olive oil, lemon juice, garlic, rosemary, oregano, salt and pepper to taste in a small mixing bowl. Drizzle the mixture over the vegetables.

Bake for 20 minutes.

Remove the baking dish from the oven and add eggplant and bell pepper. Toss to combine the eggplant and bell pepper with the other vegetables. Return the pan to the oven.

Bake for 13 to 15 more minutes or until the vegetables are tender and brown on the edges. Serve hot.

# Easiest Eggplant

## Ingredients

1 medium eggplant, peeled and sliced into 1/2 inch rounds  
4 tablespoons mayonnaise, or as needed  
1/2 cup seasoned bread crumbs

## Directions

Preheat the oven to 350 degrees F. Line a baking sheet with aluminum foil.

Place the bread crumbs in a shallow dish. Coat each slice of eggplant on both sides with mayonnaise. Press into the bread crumbs to coat. Place coated eggplant slices on the prepared baking sheet.

Bake for 20 minutes in the preheated oven, until golden brown. Flip slices over, and cook for an additional 20 to 25 minutes to brown the other side.



# Melitzanosalata Agioritiki (Athenian Eggplant)

## Ingredients

1 large eggplant, washed  
1 tomato, seeded and chopped  
1 small onion, diced  
2 tablespoons chopped fresh parsley  
2 tablespoons extra-virgin olive oil  
2 tablespoons distilled white vinegar  
1/2 cup crumbled feta cheese  
salt to taste

## Directions

Preheat an outdoor grill for medium-high heat.

Pierce the eggplant a few times with the tip of a paring knife or fork. Cook eggplant on preheated grill, turning often, until the skin is charred and the eggplant is tender, about 15 minutes. Set aside until cool enough to handle.

Remove the skin from the eggplant and dice the pulp. Place into a mixing bowl, and add tomato, onion, parsley, olive oil, vinegar, and feta cheese; mix well. Refrigerate for one hour, and season to taste with salt before serving.

# Eggplant Bruschetta

## Ingredients

1 medium eggplant, peeled and cut into 1/4-inch slices  
1/2 teaspoon salt  
3 medium tomatoes, seeded and chopped  
2 tablespoons minced fresh basil  
1 cup shredded part-skim mozzarella cheese  
2 tablespoons shredded Parmesan cheese

## Directions

Place eggplant slices in a colander over a plate; sprinkle with salt and gently toss. Let stand for 30 minutes. Rinse and drain well. Coat both sides of each slice with nonstick cooking spray. Place on a broiler pan. Top eggplant with tomatoes, basil and cheeses. Broil 6 in. from the heat for 5-7 minutes or until eggplant is tender and cheese is melted.

# Shrimp-Stuffed Eggplant Rolls

## Ingredients

3 small eggplants  
3/4 cup seasoned bread crumbs  
1/4 cup all-purpose flour  
1/2 teaspoon minced garlic  
1/2 teaspoon minced onion  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon dried basil  
1 egg  
2 tablespoons water  
  
2 tablespoons garlic flavored olive oil  
1 onion, chopped  
1 1/2 tablespoons minced garlic  
15 peeled and deveined jumbo shrimp  
3/4 pound chopped raw shrimp  
1 pinch garlic powder  
1 pinch onion powder  
1 teaspoon dried basil  
1/4 teaspoon crushed red pepper flakes  
1/2 cup dry white wine  
1/2 cup shredded low-fat mozzarella cheese  
1/2 cup seasoned bread crumbs

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a baking sheet.

Peel 2 of the eggplants and cut lengthwise into 1/4-inch-thick slices. Dice the remaining eggplant and any scraps; soak the diced eggplant in lightly-salted, cold water. Sprinkle the eggplant slices with salt and set aside as you prepare the remaining ingredients.

Pour 3/4 cup of seasoned breadcrumbs into a bowl; set aside. Stir together the flour, 1/2 teaspoon minced garlic, 1/2 teaspoon minced onion, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, and 1/2 teaspoon basil in a bowl; set aside. Beat the egg with 2 tablespoons of water in a separate bowl. Rinse the salt off of the eggplant slices and wipe off excess water. Coat the eggplant slices in the flour mixture, dip into the egg, and press into the bread crumbs. Place the eggplant slices onto the prepared baking sheet.

Bake in the preheated oven until the eggplant slices are golden brown and tender, about 10 minutes. Turn once as they cook to brown both sides; set aside and allow to cool until you can easily handle.

Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in 1 chopped onion and 1 1/2 tablespoons minced garlic; cook and stir until the onion is soft and translucent, about 5 minutes. Add the whole jumbo shrimp and cook until pink and no longer translucent in the center, about 5 minutes. Remove the shrimp and set aside. Stir the diced shrimp into the skillet and cook until no longer translucent. Season with 1 pinch garlic powder, 1 pinch onion powder, 1 teaspoon basil, red pepper flakes, and the white wine. Drain the water from the diced eggplant and squeeze out the excess water. Stir the eggplant into the shrimp mixture and bring to a boil. Reduce heat to medium, cover, and cook until the eggplant is soft, about 10 minutes; stir in the mozzarella cheese and 1/2 cup of bread crumbs until the cheese has melted.

To assemble, place one jumbo shrimp onto the center of each eggplant slice. Spoon about 2 tablespoons of the stuffing over each jumbo shrimp. Fold the ends of the eggplant over the stuffing and secure with toothpicks. Place the eggplant rolls onto the baking sheet.

Bake in the preheated oven until the eggplant rolls are hot in the

# Bertolli Baked Eggplant Parmigiana

## Ingredients

1 3/4 cups Italian seasoned dry bread crumbs  
1/2 cup grated Parmesan cheese  
2 pounds eggplant, peeled and cut into 1/4 inch slices  
4 large eggs, beaten with 3 tablespoons water  
8 ounces fresh mozzarella cheese, thinly sliced  
2 (24 ounce) jars BertolliB® Tomato and Basil Sauce

## Directions

Preheat oven to 375 degrees F.

Combine bread crumbs with 1/4 cup Parmesan cheese in medium bowl. Dip eggplant in egg mixture, then bread crumb mixture, coating well. Arrange eggplant in single layer on lightly greased baking sheets. Bake 30 minutes or until golden.

Evenly spread 1 cup sauce in 9x13 inch baking dish. Layer 1/3 of the baked eggplant, then 1-1/2 cups sauce, 1/3 of the mozzarella cheese and 1/3 of the remaining Parmesan cheese; repeat. Top with remaining eggplant and sauce.

Cover with aluminum foil and bake 45 minutes. Remove foil and top with remaining cheeses. Bake uncovered an additional 10 minutes or until cheese is melted.