

Baked Eggplant Parmesan

- 1 medium eggplant, cut into 1/4 – 1/2 inch slices
- 1 egg white, beaten lightly
- 1/2 cup of breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tsp. Italian spices
- garlic salt and ground pepper to taste
- Tomato sauce
- Mozzarella cheese

1. Preheat your oven to 400 degrees.
2. Mix together your breadcrumbs, grated Parmesan and Italian spices.
3. Make sure your eggplant is fairly dry by patting it with a paper towel. Season your eggplant on both sides with garlic salt and pepper.
4. Dip each eggplant slice in the egg white, then the breadcrumb mixture and lay on a cookie sheet.
5. Cover with tomato sauce and cheese.
6. Bake for 12 – 15 minutes until eggplant is tender and cheese is melted.

Roasted Eggplant Dip (Baba Ganoush)

- 1 medium or 3/4 of a large eggplant
- 1 large clove garlic, grated or finely minced
- 1 lemon, juiced
- 2 Tbsp Tahini
- sea salt
- 2 Tbs. parsley, chopped
- olive oil (for roasting)

1. Preheat oven to high broil (or medium if you have the ability) and position a rack at the top of the oven.
2. Slice your eggplant into 1/4 inch rounds and sprinkle with sea salt and place in a colander in the sink to drain any excess liquid. After 10 minutes, rinse slightly and then pat dry between two towels.
3. Arrange on a baking sheet and drizzle with olive oil and a pinch of sea salt. Roast for 5-10 minutes, turning once or twice, until the eggplant is softened and golden brown. Remove from pan, stack and wrap the rounds in foil to lock in moisture – wait 5 minutes.
4. Peel away most of the skin of the eggplant (a little is OK) and add flesh to a food processor. Add lemon juice, garlic, tahini, a pinch of salt and mix until creamy. Add herbs last and pulse to incorporate. Taste and adjust seasonings as needed. I added a bit more tahini and another pinch of salt.

Eggplant, Caramelized Onion, and Tomato Pasta

- 1 large globe eggplants
- Olive oil
- 1 onion, peeled and thinly sliced
- 2 cloves garlic, minced
- 1 handful basil leaves
- 1 handful parsley leaves
- kosher salt
- 1 lb. penne
- sherry vinegar
- 2 cups tomato sauce
- red pepper flakes
- Serve parmesan on the side

- Preheat the oven to 400°F. Cut the eggplants into cubes about 3/4-inch square, toss them lightly with olive oil and spread them out in a single layer on a sheet pan. Roast in the oven for 25 minutes or so, until the eggplant is brown and tender.
- Put a pot of water on to boil for the pasta. Add a large pinch of kosher salt. Cook the pasta al dente.
- Meanwhile, heat a large sauté pan with the olive oil and onions over medium heat. Sauté the onions until just caramelized. Add the garlic and cook for a moment more, and then deglaze with a splash of sherry vinegar. Add the eggplant, tomato sauce, and a pinch of red pepper flakes. Heat the sauce to simmering. Drain the pasta, add it to the tomato sauce pan, and toss gently. Chiffonade the basil and add it the pan.
- Serve the pasta with a generous garnish of the chopped parsley and Parmigiano Reggiano on the side.

Eggplant “Meatballs”

- cooking spray
- 1/2 tbsp. olive oil
- 1 1/4 lbs. unpeeled eggplant, cut into 1-inch pieces
- kosher salt
- 1/4 tsp black pepper
- 2 garlic cloves, crushed
- 2 tbsp. chopped basil, plus leaves for garnish
- 1 1/2 cups Italian seasoned breadcrumbs
- 1 large egg, beaten
- 2 ounces Pecorino Romano cheese, plus more for serving
- 1 tablespoon chopped flat-leaf parsley
- 1 jar tomato sauce
- part skim ricotta cheese, for serving (optional)

Chinese Eggplant with Garlic Sauce

- 2 Chinese (long) eggplant, chopped
- 1/4 teaspoon salt
- 1 teaspoon cornstarch, plus more to coat
- 1 tablespoon light soy sauce
- 1/2 teaspoon dark soy sauce (*see footnote)
- teaspoons sugar
- and 1/2 tablespoons peanut oil (or vegetable)
- 1 teaspoon minced ginger
- cloves garlic, chopped

Marinated Eggplant and Tomato

- 2 large eggplants
- 2 large tomatoes
- 5 garlic cloves, pressed
- 1/2 cup Italian parsley, finely chopped
- 1/2 cup fresh dill, finely chopped
- 1 tsp kosher salt
- 1 tsp freshly ground black pepper
- 3-4 tbsp. olive oil

Heat the oven to 375°F. Spray a large rimmed baking sheet with cooking spray.

Place 1/2 tablespoon olive oil in a large nonstick skillet over medium high heat. When hot add the eggplant and 1/4 cup water and season with salt and pepper to taste. Cook, stirring occasionally until tender, 10 to 12 minutes.

Transfer to the bowl of a food processor and pulse a few times.

Transfer to a bowl and add bread crumbs, beaten egg, Romano cheese, parsley, garlic and chopped basil into the eggplant. Season with 1/2 teaspoon kosher salt and 1/8 teaspoon of pepper. Form the eggplant mixture into 24 balls about 1 1/8 oz each, rolling tightly and transfer to the prepared baking sheet. Bake until firm and browned, about 20 to 25 minutes.

Heat the sauce in a large deep skillet to warm the sauce. Add the meatballs to the sauce and simmer for 5 minutes. Garnish the meatballs with basil leaves and serve with ricotta cheese if desired.

Chop eggplant into bite-sized pieces. Place eggplant in a large bowl and add water to cover. Add 1 teaspoon salt, mix well. Place a pot lid on top to keep the eggplant under water for 15 minutes. Drain and pat dry. Combine light soy sauce, dark soy sauce, sugar and the remaining 1 teaspoon cornstarch in a small bowl, mix well.

Sprinkle eggplant with cornstarch and mix by hand, until eggplant is evenly coated with a thin layer of cornstarch. Add 1 tablespoon oil to a nonstick skillet and heat over medium high heat until warm. Spread eggplant across the bottom of the skillet without overlapping. Grill the eggplant one side at a time until all the surfaces are charred and the eggplant turns soft, 8 to 10 minutes. Transfer to a plate. If the skillet gets too hot and starts to smoke, turn to medium heat. Add the remaining 1/2 teaspoon oil and the ginger and garlic into the same skillet. Stir a few times until fragrant. Add all the eggplant back into the skillet. Turn to medium heat. Mix the sauce again until cornstarch is fully dissolved and pour it over the eggplant. Immediately stir a few times, until the eggplant is evenly coated and the sauce thickens. Turn to lowest heat and taste a piece of eggplant and adjust seasoning.

Slice veggies to about 3/8 inch thickness. Set aside.

Preheat a large skillet. Add 1 tablespoon of olive oil. Place a single layer of eggplant and cook over medium heat for about 6 minutes, until golden brown. Flip eggplant slices and continue cooking for another 6 minutes. Add about 1 teaspoon of olive oil when flipping. Transfer to a platter lined with paper towel to remove excess oil and cool down. Repeat this step until all eggplant slices are cooked.

Take a pinch of pressed garlic and, using your fingers, spread it all over each of the eggplant and tomato slices. Set aside.

Now take a medium size pot with a lid, spread a pinch or two of pressed garlic all over the bottom and sprinkle some chopped dill and parsley. Layer the eggplants and tomatoes. Sprinkle a pinch of two of salt over eggplants, then grind some black pepper, to your taste. Finish the layer by sprinkling some dill and parsley. Repeat with tomatoes until all vegetables are layered in the pot. Top with salt, pepper and chopped dill and parsley.

Cover with the lid and keep at room temperature for 4 hours before serving.

Marinated eggplants and tomatoes can be refrigerated for up to 7-8 days.

