

Microwaved Honey Eggplant

From – *Mark Bittman's Kitchen Express*

½ cup chopped fresh parsley
½ cup breadcrumbs
3 Tbsp olive oil
2 Tbsp honey
1 garlic clove – minced
pinch of salt
1 large or 2 medium eggplants
lemon juice for garnish
yogurt for serving

- Combine the parsley, breadcrumbs, olive oil, honey, garlic and salt.
- Cut eggplant crosswise into 1” slices, then score the top of each slice.
- Put the slices in a dish and spread the breadcrumb mixture over the tops, pressing it into the slits.
- Partially cover with wax paper and microwave on high for about 5 minutes.
- Remove the wax paper and microwave on high for another 2-3 minutes until very soft.
- Sprinkle with lemon juice and serve with yogurt on the side.



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