

Pasta with Eggplant

From – *Moosewood Restaurant Low-Fat Favorites*

2 medium eggplants
sprinkling of salt
3 large garlic cloves, minced or pressed
2 cups chopped onions
2 tsp olive oil
4 cups undrained canned plum tomatoes (32 oz can)
1 tbs dried basil
1 lb ziti, penne or macaroni

grated Pecorino or Parmesan cheese

- Cut the eggplant lengthwise or crosswise into 1” thick slices.
- Lightly salt each slice, stack the slices and set them aside for about 20 minutes
- Preheat oven to 475 degrees.
- In a large saucepan on low heat, saute` the garlic and onions in the oil until the onions are golden. Stir often enough to prevent sticking.
- Chop and add the tomatoes to the saucepan.
- Add the basil and continue to cook, stirring occasionally, until the sauce begins to thicken.
- While the tomato sauce cooks, rinse and dry the eggplant slices.
- Prepare a large nonreactive baking sheet with cooking spray or a light coating of vegetable oil.
- Place a single layer of eggplant slices on the baking sheet and bake, uncovered for 15 minutes.
- With a metal spatula, carefully flip the slices over and bake for another 15 minutes.
- About 5 minutes before the eggplant finishes baking, bring a large covered pot of water to a boil.
- When the eggplant slices are tender and browned, remove them from the oven.
- Allow to cool slightly and then cut them into ½ “ x 3” strips (about the size of ziti).
- Stir the eggplant into the tomato sauce and cook for about 10 more minutes.
- When the water boils, stir in the pasta, cover and return to a boil. Then uncover the pot and cook the pasta until al dente.
- Drain and serve immediately topped with the tomato-eggplant sauce and grated cheese.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com