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 tbls 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 slide, stack the slices and set them aside for about 20 minutes
• Preheat oven to 475 degrees.
• In a large saucepan on low heat, sauté 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.
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• 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.

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