



Eggplant Recipes

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Eggplant Lasagna

Ingredients:

1 medium eggplant
3 Tbsp olive oil
1lb ground meat
1 -15oz can tomato sauce
1 handful spinach, chopped
2 tsp oregano
salt and pepper to taste
1 1/2 cups shredded mozzarella cheese
2 eggs, beaten

Directions:

1. Preheat oven to 400 degrees.
2. Slice eggplant in 1/4 in planks, lay out on a baking sheet and drizzle with olive oil, salt, and pepper.
3. Bake for 7 min, flip and bake for another 7 min.
4. Meanwhile, brown the meat in a skillet over medium heat and coated in olive oil.
5. When the meat is done, add the sauce, spinach, and spices.
6. Bring to a simmer, and cook for about 5 min or until the sauce has thickened.
7. Assemble lasagna.
8. In a baking dish arrange eggplant slices, then sauce, 1/2 cup of cheese, and repeat until finished.
9. Top with eggplant slices and pour on the beaten eggs and sprinkle with remaining cheese.
10. Bake for 15-20 min.



Grilled Eggplant with Garlic

Ingredients:

2 eggplants
3 garlic cloves, minced
2 tsp salt
2 Tbsp oregano
2 tbsp parsley
salt and pepper to taste
1/2 cup olive oil

Directions:

1. Cut the eggplant into 1/4 in slices.
2. Generously salt the eggplant slices and leave the rest for about 15 min. (to draw out some moisture)
3. In a bowl, mix together the olive oil, salt, pepper, oregano, parsley, and garlic.
4. Toss eggplant in the oil mixture.
5. Transfer to the grill, grill each side for about 6 min.
6. Toss eggplant with remaining oil mixture to serve.