

# Recipes... EGGPLANT



**NOTES & TIPS:** It's best to store eggplant in the crisper of the refrigerator, unwrapped. Eggplant cannot be stored in the freezer, unless cooked. Eggplant can be bitter so here's a trick - after slicing, soak the eggplant in heavily salted water. Rinse with cold water and pat dry. This will remove much of the bitter taste. When you are ready to use the eggplant, keep in mind it will begin to turn brown within minutes of hitting air—a light brush of lemon juice will help prevent this. Eggplant contains quite a lot of water. If making Eggplant parmesan you might want to get rid of some of that liquid so here's a trick – slice the eggplant and place slices on a cooling rack (like you would cookies), place paper towels under the rack, salt the eggplant pretty heavy on both sides, let sit for 15 minutes, the salt will draw out quite a bit of the water.

## BAKED STUFFED EGGPLANT

1 lg. eggplant  
1 c. chopped onions  
1 c. chopped mushrooms  
1 1/2 tsp. basil  
1/2 tsp. chervil  
Freshly ground black pepper  
2 tbsp. margarine  
1 lb. lean ground beef (or ground turkey)  
1/4 c. tomato paste  
1/4 c. wheat germ  
2 tbsp. fresh chopped parsley

Wash eggplant, and cut in half lengthwise. Carefully remove the pulp leaving 1/2" of the outer shell. Dice the pulp. Saute the onions, mushrooms, seasonings and meat in the margarine. Stir in the tomato paste, wheat germ and eggplant pulp. Cook until meat is slightly done. Spoon meat mixture into eggplant shell and place in an oiled oven proof dish and bake at 350 degrees for 20 to 30 minutes. Garnish with parsley.

## EGGPLANT BORDELAISE

1 medium eggplant, sliced 1/2 inch thick  
1 medium clove of garlic  
3 tablespoons salad oil  
1/3 cup flour  
2 large tomatoes, peeled and sliced  
1 small onion, chopped  
1 cup grated Cheddar cheese  
1/2 teaspoon salt  
1/4 teaspoon pepper

Peel eggplant; cut into 1/4 inch slices. Rub skillet with garlic; pour oil into skillet and heat to medium temperature. Flour eggplant; brown in skillet. Arrange tomato slices and eggplant slices alternately in 1 1/2 quart casserole. Sprinkle each layer with onion and cheese. Sprinkle salt and pepper over top. Cover and bake at 375 degrees for 20 minutes.

## EGGPLANT CHICKEN

2 whole chicken breasts, skinned, boned, halved & flattened with excess fat removed  
1 sm. eggplant, peeled, cut into 1/2 inch slices  
1/2 c. flavored bread crumbs

# Recipes... EGGPLANT



1/2 c. flour  
4 slices Provolone cheese  
1/4 c. grated cheese  
1/2 c. tomato sauce  
2 tsp. olive oil  
1 tsp. salt  
Sprig of chopped fresh parsley

Lay out chicken in oiled casserole dish. Top each breast with eggplant. Top with tomato sauce, grated cheese, then Provolone cheese. Garnish with parsley. Bake in a preheated 425 degree oven for 20 minutes. Remove from casserole with spatula. Serve on heated plates.

## EGGPLANT CUSTARD BAKE

1 1/2 lb. eggplant, sliced 1/2 inch thick, peeled (optional)  
2 eggs  
1 c. milk  
Dash of salt  
Dash of pepper  
1/3 c. minced onion  
2 cloves garlic, minced  
1 or 2 large carrots, grated  
1 tbsp. oil  
1 tsp. basil  
1/2 tsp. salt  
2 c. tomato sauce  
1/2 c. sesame seeds  
1/2 c. Mozzarella cheese, grated

Arrange eggplant in greased 9x13 inch baking dish. Beat eggs, milk, salt, and pepper until smooth. Pour over eggplant. Bake at 375 degrees for 25 minutes or until firm. While custard bakes, saute onion, garlic and carrots in oil for 5 minutes. Add basil, oregano, salt, and tomato sauce. Simmer 10 minutes. Pour sauce over eggplant custard. Sprinkle with seeds and cheese. Boil or return to hot oven until top is lightly browned.

## EGGPLANT MEXICANA

1 med. (1 lb.) eggplant, peeled & cut into cubes  
1 (16 oz.) can tomatoes or 4 med. fresh tomatoes, peeled & chopped  
1 garlic clove, minced  
2 tbsp. chopped onion  
1/2 tsp. chili powder  
Dash pepper

Combine all ingredients in skillet and simmer gently 15 to 20 minutes or until eggplant is tender.

## EGGPLANT PARMIGIANA

1 large eggplant (3 lbs.)  
Salt  
Flour

# Recipes... EGGPLANT



2 eggs beaten with 2 tsp. oil  
1 pkg. saltines  
Olive oil  
2 tsp. dried basil  
1- 1/2 c. tomato sauce, heated  
8 oz. cheese  
2/3 c. parmesan cheese

Cut eggplant into thin 1/4 inch slices. Put the slices on a large platter and sprinkle each with about 1/8 teaspoon salt. Let stand at room temperature for about 30 minutes to draw out excess moisture. Drain and dry the slices between paper towels. Dip each slice into flour, egg and crackers, in that order. Heat oil in frying pan and fry eggplant until golden brown, turning once. Drain on paper towels. Stir the basil into the tomato sauce. Spoon a little of the sauce into a 2 quart baking dish. Arrange 1/3 of the eggplant slices, overlapping, on the sauce. Top with 1/3 of the cheese, 1/3 tomato sauce and 1/3 parmesan. Repeat until all ingredients are used. Bake in preheated 350 degree oven for 20 to 30 minutes, or until bubbly.

## EGGPLANT ZUCCHINI CASSEROLE

2 zucchini  
1 large eggplant  
1/2 c. chopped celery  
1/2 c. chopped green pepper  
1 c. spaghetti, broken in pieces (cooked)  
2 cans tomato sauce  
2 tsp. Worcestershire sauce  
2 cloves garlic, minced  
6 oz. sliced Mozzarella cheese  
1/4 c. water  
1 tsp. salt  
1/2 tsp. oregano

Peel and slice eggplant. Slice zucchini. Mix tomato sauce, water, Worcestershire sauce, salt, garlic and oregano. Put 1/2 of eggplant in shallow baking dish. Cover with 1/2 of zucchini, green pepper, celery and spaghetti. Put on 1/2 cheese and 1/2 of tomato mixture. Repeat layers. Cover. Bake at 350 degrees for 1 hour.

## CHUNKY EGGPLANT & ROSEMARY SAUCE

1 lg. eggplant, diced with skin on  
2 med. onions, chopped coarsely  
3 cloves garlic, chopped  
4 c. fresh chopped tomatoes  
2 tbsp. rosemary  
2 stalks celery, chopped  
1 tsp. cayenne pepper, or to taste  
1/2 c. fresh chopped parsley  
2 to 3 tbsp. olive oil  
1 c. stock (vegetable)

Chop onions, garlic and celery. Heat oil in a large pot and saute vegetables for 5 minutes until golden. Sprinkle with rosemary. Dice eggplant and add to pot. Stir briefly, then add tomatoes with their juices. Allow the sauce to come to a boil, then add stock. Bring to the boil again and reduce to a simmer, uncovered. Put on water for pasta.

# Recipes... EGGPLANT



Add cayenne pepper and half the parsley and continue to simmer sauce uncovered. When the water has boiled, add pasta, stirring until the strands have separated and the water is boiling madly. If the pasta is fresh, boil only two to three minutes, until al dente, still slightly firm, but not soft; if dried, it may need to boil up to seven minutes. Test it occasionally. Drain and transfer pasta to a warm bowl, pour the eggplant sauce on top and toss. Serve immediately garnished with parsley and cayenne pepper.

## EGGPLANT SANDWICH

4 6-inch lengths of French bread or individual sandwich buns  
olive oil  
garlic powder  
salt  
12 to 16 ounces thinly sliced Mozzarella cheese  
roasted red pepper slices, cut in strips  
1 medium eggplant  
flour  
salt and pepper

Split bread; sprinkle with olive oil and sprinkle with a little garlic powder and salt. Cut eggplant into 1/2-inch thick slices. Dredge in flour and fry in hot oil until browned. Drain on paper towels and season with salt and pepper. Place overlapping slices on one side of split bread. Top with slices of Mozzarella cheese; add several strips of roasted red pepper. Put under broiler briefly to melt cheese and lightly brown.

## EGGPLANT PASTA

1 bulb garlic, roasted (see instructions below)  
2 medium eggplants, peeled and cubed, about 5 to 6 cups  
1/2 cup balsamic vinegar  
3 tablespoons olive oil  
1/4 teaspoon dried leaf oregano  
1/4 teaspoon dried leaf basil  
1/2 teaspoon coarsely ground black pepper  
3 to 4 fresh peeled diced tomatoes  
8 ounces bow tie pasta  
1/2 cup shredded mozzarella cheese  
2 tablespoons chopped fresh parsley  
1/4 cup freshly grated Parmesan cheese

Separate roasted garlic cloves, squeeze garlic into a dish and set aside. In a medium bowl, combine eggplant, vinegar, 2 tablespoons olive oil, oregano, basil, and pepper. Mix thoroughly and marinate in the refrigerator for 1 hour. Place eggplant mixture and the marinade in a baking pan. Bake in a preheated 400° oven for 30 minutes. Stir every 5 to 6 minutes. About 10 minutes before eggplant is done, heat 1 tablespoon olive oil in a skillet. Add tomatoes and garlic. Saute acute for 5 minutes. At the same time, cook pasta in a pot of boiling water, following package instructions. Drain and divide cooked pasta on 4 serving plates. Cover pasta with roasted eggplant. Sprinkle with mozzarella cheese. Cover cheese with equal portions of the hot tomato and garlic sauce mixture and sprinkle each portion with parsley. Serve right away with Parmesan cheese.

### Roasted Garlic

If roasting only 1 bulb of garlic, use a small ramekin for a baking dish and cut back on the remaining ingredients accordingly.

# Recipes... EGGPLANT



4 whole garlic bulbs  
2 tablespoons unsalted butter  
1/2 teaspoon dried leaf thyme  
1/4 teaspoon coarsely ground black pepper  
1/4 teaspoon kosher salt  
1/3 cup chicken broth

Carefully remove the outer papery peel from the garlic bulbs, leaving the whole heads intact. Arrange the garlic bulbs in a small baking dish. Dot with the butter; sprinkle with the thyme, pepper, and coarse salt. Pour the chicken broth into the dish. Cover dish tightly with foil and bake at 350°, basting frequently, for 1 hour. Uncover and bake 15 minutes longer.

## EGGPLANT PATTIES

1 medium eggplant, peeled and cubed  
1 1/4 cups cracker crumbs (about 20 butter crackers)  
1 cup shredded Cheddar cheese  
2 eggs, slightly beaten  
1 tablespoon chopped fresh parsley, or 1 teaspoon dried parsley flakes  
1 clove garlic, finely minced  
3 tablespoons thinly sliced green onion, with green  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons vegetable oil

In a covered saucepan, cook eggplant in boiling water until tender, about 5 minutes. Drain well, place in a bowl, and mash. Stir in cracker crumbs, shredded cheese, eggs, parsley, garlic, green onion, salt, and pepper. Shape mixture into 8 patties about 3 inches in diameter. Heat oil in a large skillet; cook patties, turning to brown each side, until golden brown.

## EGGPLANT APPETIZER

3 eggplants, peeled and cubed  
2 green bell peppers, seeded and chopped  
2 tomatoes, chopped  
2 onions, chopped  
3/4 tablespoons white sugar  
1/2 tablespoon salt  
1/4 cup vegetable oil  
1/4 cup red wine vinegar  
1/4 cup water

Place the eggplant, bell pepper, tomato, and onion into a large pot. In a small bowl, stir together the sugar, salt, oil, vinegar, and water. Pour over the vegetables. Bring to a boil and cook over medium heat for 30 minutes. Serve warm. This traditional Russian eggplant appetizer is delicious! It's great with crackers or bread.

## EGGPLANT – EASY, GOOD & TASTY

1 tablespoon olive oil  
1/3 large eggplant

# Recipes... EGGPLANT



- 1 egg
- 1 tablespoon water
- 1 cup dry bread crumbs
- 1 tomato, chopped
- 1/4 cup grated Parmesan cheese
- 1/4 cup Italian-style salad dressing

Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet or pizza pan with olive oil. Slice the eggplant into 8 round slices, each 1/4 to 1/2 inch thick. Trim the skin, maintaining the round shape of the slices. In a small bowl, whip together the egg and water. Place the breadcrumbs in a separate small bowl. Dip the eggplant slices one at a time into the egg and water mixture, then into the breadcrumbs. One by one, place the coated slices in a single layer on the prepared baking sheet or pizza pan. Top the slices with equal amounts of tomato, Parmesan cheese and Italian-style salad dressing. Bake in the preheated oven approximately 15 minutes. Change oven setting to broil, and continue cooking 3 to 5 minutes. Check the slices frequently while broiling to avoid burning.

## EGGPLANT CROQUETTES

- 2 medium eggplants, peeled and cubed
- 1 cup shredded sharp Cheddar cheese
- 1 cup Italian seasoned bread crumbs
- 2 eggs, beaten
- 2 tablespoons dried parsley
- 2 tablespoons chopped onion
- 1 clove garlic, minced
- 1 cup vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Place eggplant in a microwave safe bowl and microwave on medium-high 3 minutes. Turn eggplant over and microwave another 2 minutes. The eggplant should be tender, cook another 2 minutes if the eggplants are not tender. Drain any liquid from the eggplants and mash. Combine cheese, bread crumbs, eggs, parsley, onion, garlic and salt with the mashed eggplant. Mix well. Shape the eggplant mixture into patties. Heat oil in a large skillet. Drop eggplant patties one at a time into skillet. Fry each side of the patties until golden brown, approximately 5 minutes on each side. Patties can be frozen before frying and cooked later.

## CHEESY BAKED EGGPLANT

- 1 eggplant, sliced into 1/2 inch rounds
- 2 tablespoons olive oil, or as needed
- 1 tablespoon garlic powder, or to taste
- 2 tablespoons olive oil
- 1 small onion, chopped
- 3 cloves garlic, chopped
- 2 small tomatoes, chopped
- 1 (10 ounce) package fresh spinach leaves
- 1/2 cup ricotta cheese
- 3/4 cup shredded mozzarella cheese, divided
- 3/4 cup grated Parmesan cheese, divided
- 3/4 cup tomato pasta sauce

# Recipes... EGGPLANT



2 teaspoons Italian seasoning

Preheat the oven to 350 degrees F (175 degrees C). Brush eggplant slices with olive oil on both sides, and place them on a baking sheet. Sprinkle garlic powder over the top. Bake for 10 minutes.

Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the onion, garlic, tomatoes and spinach. Cook and stir for a few minutes until fragrant, and the tomatoes have released their juices. In a medium bowl, mix together 1/2 cup of ricotta cheese, 1/2 cup of mozzarella cheese, and 1/2 cup of Parmesan cheese. Set aside.

Place the eggplant slices in a greased 9x13 inch baking dish. Top with the spinach mixture. Spoon the cheese mixture over the spinach, and spread into a thin layer. Pour the spaghetti sauce over the cheese layer. Sprinkle the remaining mozzarella and Parmesan cheese over the top. Sprinkle with Italian seasoning.

Bake for 30 minutes in the preheated oven, or until heated through and the eggplant is easily pierced with a fork.

## EGGPLANT SUPPER SOUP

1 tablespoon vegetable oil  
1 medium onion, chopped  
1 pound ground beef  
1 clove garlic, crushed  
1 pound eggplant, diced  
3/4 cup sliced carrots  
3/4 cup sliced celery  
2 (14.5 ounce) cans Italian diced tomatoes, drained  
2 (14 ounce) cans beef broth  
1 teaspoon sugar  
1/2 teaspoon ground nutmeg  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 cup dry macaroni  
2 teaspoons chopped fresh parsley  
1/2 cup grated Parmesan cheese

Heat the oil in a skillet over medium heat, and cook the onion, beef, and garlic until beef is evenly brown. Drain grease, and mix in eggplant, carrots, celery, and tomatoes. Pour in beef broth. Mix in sugar, and season with nutmeg, salt, and pepper. Cook and stir until heated through. Mix macaroni into the soup, and continue cooking 12 minutes, or until macaroni is al dente. Mix in parsley. Top with Parmesan cheese to serve.