

Eggplant and Sweet Red Peppers

Center for Ecoliteracy -

Cooking with California Food

Flavor Profile: Mediterranean

Serves 4



Ingredients:

- 4 tablespoons extra virgin olive oil
- 1/4 cup chopped onion
- 2 garlic cloves, minced
- 2 sweet red peppers, seeded and cut into 1-inch pieces
- 3–4 Asian or 1 large globe eggplant (about 1 pound)
cut into 1-inch pieces
- 1 large, juicy tomato, chopped, or
- 1 cup canned tomatoes, chopped with juice.

Directions:

In a medium frying pan over medium-high heat, heat the olive oil. When the oil is hot, add the onion and garlic and saute until the onion is limp, about 1 minute. Add the peppers and eggplant, stirring often until the eggplant has softened and browned a bit, 10 to 12 minutes.

Stir in the tomato, scraping up any clinging bits. Cover, reduce the heat to low, and cook until the eggplant is cooked through and the tomatoes have thickened slightly, 2 to 3 minutes. To serve, spoon over rice and garnish with the parsley.

Suggestion: Change to an Asian flavor profile by omitting the tomatoes and replace with a mixture of soy sauce, ginger, and a little sesame oil, plus water. Garnish with toasted sesame seeds and cilantro, omitting the parsley

Nutritional info not available at this time.