Stewed Eggplant & Tomatoes

Author: Adapted slightly from Joanne Weir's book, You Say Tomato

Carolyn T's Main Cookbook

Servings: 6



2 pounds eggplant, cut into 1" cubes, including skin
Coarse salt
3 tablespoons olive oil
4 whole garlic cloves, mashed, minced
1 tablespoon olive oil
4 medium tomatoes, peeled, seeded, chopped
Freshly ground black pepper
1/4 cup fresh basil leaves, sliced
1/4 cup Feta cheese, crumbled, or ricotta salata [my addition]

Blog: Carolyn T's Blog: http://tastingspoons.com

Your Text Here

Per Serving (excluding unknown items): 148 Calories; 11g Fat (61.6% calories from fat); 3g Protein; 12g Carbohydrate; 4g Dietary Fiber; 6mg Cholesterol; 81mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Vegetable; 2 Fat.

Notes: The eggplant will still have a little bit of firmness - you don't want to roast the eggplant until it's mush.

Description: An easy dish, with lots of garlic, can be served at room temp too

1. Place the eggplant cubes in a colander and sprinkle liberally with coarse salt. Allow to sit for 30 minutes to drain.
2. Preheat oven to 400.
3. Rinse the eggplant cubes under cold running water and pat dry with paper towels. Toss the eggplant with the 3 T. of olive oil and place in a single layer on a baking sheet (use Silpat liner if possible).
4. Bake for about 20 minutes until eggplant begins to darken slightly and pieces have wilted (slumped). Remove from oven and set aside.
5. In a medium skillet at medium heat, drizzle in the 1 T. olive oil and add garlic. Stir quickly so garlic does NOT burn (important). Have the tomatoes ready - add to the skillet and reduce heat. Cook for 10 minutes (or more) over low heat, covered.
6. Toss tomatoes and eggplant together, then garnish with basil. Add cheese if desired. Season with pepper and salt as needed.