

Braised Eggplant and Tomatoes

Megan Gordon
Palm Beach Post

Servings: 4

1 large eggplant, halved lengthwise
1 teaspoon Kosher salt, divided
1 small onion, sliced
1/4 cup olive oil, divided
1 can (14 oz) whole tomatoes (or 3-4 fresh tomatoes), cut into 1/2-inch pieces
1/4 cup fresh parsley, chopped
2 tablespoons fresh basil, chopped

Preheat oven to 400 degrees.

Place the eggplant halves in a 9x9-inch pan, cut sides up.

Sprinkle each half with about 1/4 teaspoon of salt. Reserve the remaining salt for later use.

In a small skillet over medium heat, saute' the onions in two tablespoons of olive oil until translucent, about 5 minutes.

Transfer the onions into a small bowl and stir in the tomato, basil, parsley and the remaining salt.

Scoop the tomato mixture on top of the eggplant.

Pour the remaining olive oil into the bottom of the pan. Cover with aluminum foil and bake for 10 minutes.

Baste the eggplant with the liquid in the pan, then recover and bake for 15 more minutes.

Baste again and bake, uncovered, until the eggplants are soft and tender, about 20 additional minutes.

Per Serving (excluding unknown items): 149 Calories; 12g Fat (71.3% calories from fat); 2g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 476mg Sodium. Exchanges: 2 Vegetable; 2 1/2 Fat.