

EGGPLANT AND SUNDRIED TOMATO PASTA

SIMPLE, HEALTHY, DELICIOUS EGGPLANTS also referred to as aubergines or brinjals are used in the cuisines of many countries around the world but particularly China (Sichuan Eggplant) and India (baingan bharta).

Glossy, purple, green or white in colour the eggplant is a member of the nightshade family and has white flesh and small edible seeds. Due to its “meaty” texture it is sometimes used as a meat substitute in vegan and vegetarian dishes.

Eggplants are a high fiber and low calorie food rich in nutrients and vitamins, which can help control blood sugar and aid in weight loss. Antioxidants such as lutein which may help prevent age-related macular degeneration and zeaxanthin along with natural plant chemicals called polyphenols are also present.

There are many tasty ways to eat eggplant as it can be steamed, stir fried, roasted, stewed, curried, pickled or added to pasta noodles with whipped ricotta cheese and sundried tomatoes as shown in the recipe below..

PREP TIME: 20 min **COOK TIME:** 30 min **SERVINGS:** 3-4

INGREDIENTS:

- **1 large eggplant**
- **2 small shallots finely chopped**
- **3 garlic cloves finely chopped**
- **1 small jar oil packed sundried tomatoes**
- **1 cup extra virgin olive oil**
- **500 gm cooked spaghetti (al dente)**
- **1 cup whipped ricotta cheese**

- **½ cup fresh basil leaves**
- **2 medium sized tomatoes chopped**
- **Salt to taste**
- **Black pepper to taste**
- **1 tsp red chilli flakes**
- **1 cup shaved parmesan cheese**

DIRECTION:

Heat oven to 425 degrees Fahrenheit.

Arrange eggplant slices on a foil lined baking tray. Brush each slice with a little olive oil and then flip over and repeat. Place the tray on the middle rack of the oven and bake for about 20 minutes or until eggplant slices turn a light brown. Remove tray from oven and set aside.

Add 2 tbsps of olive oil, chopped shallots and garlic to a large frying pan and saute on medium heat for two minutes. Separate the sundried tomatoes from their oil, slice each piece in half and add to the pan along with the fresh chopped tomatoes and a few basil leaves. Stirfry for about 2 minutes then add the ricotta cheese, red chilli flakes, salt and pepper to taste.

Finally add the cooked spaghetti to the pan and gently blend with the sauce. Remove from heat and garnish with shaved parmesan cheese, a few basil leaves and serve.

Bon Appetit..

EGGPLANTS A DELICIOUS ADDITION TO ANY HEALTHY DIET - VIEW BLOG

