HOW TO CUT UP AN EGGPLANT & EGGPLANT RECIPES

An eggplant is an excellent source of various vitamins, minerals and phytonutrients, which have anti-carcinogenic properties.

For most dishes, eggplant needs to be sliced before it is cooked. There are two basic cuts, round, which is great for almost every dish and planks, which work particularly well for layered dishes.

Round slices are the most basic cut and they are great for grilling, broiling and traditional dishes like eggplant parmesan. Eggplant loses moisture and shrinks when cooked. To compensate, cut the raw eggplant into pieces about twice as large as you want the cooked pieces to be.

Lengthwise slices are good for grilling and layered dishes where you want the eggplant to have the most surface area. To make them, first stand the eggplant upright on its end and slice away a section of the peel. This isn’t a must, but it gives the end slices more fleshy surface area to take on color and flavor when cooked.

Then just slice down the length of the eggplant to make slices as thick or thin as you like. You can slice away a section of skin on the other side of the eggplant when you’ve finished slicing. (cookthink.com)

*Turn the page for eggplant recipes!
Baked Eggplant Parmesan
(cooks.com)

- 1 eggplant
- 1 diced canned tomatoes in water
- Extra virgin olive oil
- Low-fat mozzarella cheese
- Grated or diced garlic
- Salt and pepper

- Line baking pan with foil and wipe with olive oil; this will allow for an easier clean-up.
- Add garlic, oil, salt and pepper to the diced tomatoes. Slice eggplant into ¼ inch slices, or as thinly as possible.
- Place first layer of eggplant into baking dish. Place a layer of diced tomatoes and top with slices mozzarella cheese. Continue layering eggplant, sauce and mozzarella until you have two or three layers.
- Bake in a 350°F oven for 30-40 minutes or until cooked through. Top with grated Parmesan cheese (optional).

Grilled Eggplant Parmesan Sandwich
(eatingwell.com)

- 1 large eggplant, cut into 12 ¼ inch thick round pieces
- Canola or olive oil cooking spray
- ¼ teaspoon salt
- 3 Tablespoons finely shredded Parmesan or Asiago cheese
- ½ cup shredded part-skim Mozzarella cheese
- 4 small pieces of focaccia bread or Italian bread
- 2 teaspoons extra-virgin olive oil
- 5 ounces baby spinach or lettuce
- 1 cup crushed tomatoes
- 3 Tablespoons chopped basil, divided

- Preheat grill to medium-high.
- Place eggplant rounds on a baking sheet and sprinkle with salt. Coat both sides lightly with cooking spray. Combine Parmesan (or Asiago) and Mozzarella cheese in a small bowl. Brush both sides of bread with oil.
- Place spinach (or lettuce) in a large microwave-safe bowl. Cover with plastic wrap and punch several holes in the wrap. Microwave on high until wilted, 2-3 minutes. Combine tomatoes and 2 Tablespoons basil in a small microwave-safe bowl. Cover and microwave until bubbling, about 2 minutes.
- Place all your ingredients on the baking sheet with the eggplant and take it to the grill. Grill the eggplant slices until brown and soft on both sides, 2-3 minutes per side. Grill the bread until toasted, about 1 minute per side. Return the eggplant and bread to the baking sheet. Reduce grill heat to medium.
- Place 1 eggplant round on top of each slice of bread. Layer 1 Tablespoon tomatoes, 1 Tablespoon wilted spinach (lettuce) and 1 Tablespoon cheese on each slice of eggplant. Repeat with the remaining eggplant, sauce, spinach and cheese. Sprinkle each stack with some of the remaining basil. Place the baking sheet on the grill, close the lid and grill until the eggplant stack is hot and the cheese is melted, 5-7 minutes.
### Honey Garlic Grilled Eggplant
(allrecipes.com)

- 1 eggplant
- 2 Tablespoons honey
- 2 Tablespoons olive oil
- 2 mashed garlic gloves
- 2 teaspoons balsamic vinegar
- Salt and pepper

- Slice eggplant into ½ inch thick circles.
- Lay out a large sheet of paper towels. Sprinkle eggplant generously with salt on both sides and lay out on paper towels. Let sit for 15 minutes, then dry both sides well with paper towels, as the eggplant will have released water.
- In a large bowl, mix honey, olive oil, garlic, vinegar, salt and pepper. Dunk both sides of the eggplant slices into this marinade.
- Preheat the grill to high. Grab a wad of paper towel with tongs, tip in oil and brush it on the grill.
- Place the eggplant slices on the grill, cover and turn down the heat to medium. Grill until marked, about 3 minutes. Turn 90° to make cross-hatch grill marks. Grill until marked, about 3 more minutes.
- Brush the slices with remaining marinade, flip and repeat the grilling procedure on the other side. Regulate heat so that the eggplant is browning, but not burning. Remove to a plate and drizzle with olive oil.

### Eggplant Au Gratin
(oldrecipebook.com)

- 1 large eggplant
- 1 cup grated cheese
- 1 teaspoon salt
- 1/8 teaspoon pepper
- Pinch of cayenne
- 2 tablespoons butter

- Cut eggplant into slices and cook in boiling salted water until tender. Drain well and mash.
- Layer in a greased baking dish, sprinkle with cheese, salt and pepper, cayenne and butter.
- Repeat this process until all ingredients are used, having a layer of cheese on top.
- Bake at 400°F for 20 minutes.

### Easy Italian Eggplant
(cooks.com)

- 1 large eggplant, peeled
- ½ stick melted butter
- Seasoned Italian bread crumbs
- 16 oz spaghetti sauce
- 8 oz sliced Mozzarella cheese
- Oregano (optional)

- Slice eggplant into 1/3 to ½ inch thick slices. Dip slices in butter and then bread crumbs.
- Sprinkle slices with oregano (optional).
- Spoon spaghetti sauce on top of each slice. Top eggplant with a slice of cheese.
- Place eggplant in a 400°F oven for about 15-20 minutes or until cheese is slightly brown.

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