



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Roasted Eggplant and Tomatoes

Ingredients:

- 1 pint grape or cherry tomatoes
- 2 cloves garlic, smashed
- 3 tablespoons, plus 2 teaspoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- a pinch or two of crushed red pepper flakes
- 2 small eggplants (about 9 ounces each)
- ¼ teaspoon freshly ground black pepper
- ½ cup fresh basil leaves, torn

Serves 2

350 calories, 27 g fat, 3.5 g saturated fat,
22 g carbohydrate, 11 g fiber, 4 g protein,
90 mg sodium

Source: Cleveland Clinic

Directions:

1. Heat the oven to 400°F.
2. On a rimmed baking sheet, toss together the tomatoes, garlic, 3 tablespoons of the oil, half the salt, and the red pepper flakes.
3. Cut the eggplant lengthwise in half. Score the inside flesh in a crosshatch pattern without cutting through the skin. Brush the flesh with the remaining 2 teaspoons of oil and season with the black pepper and remaining salt. Place cut-side down on the sheet pan, and roast 45 to 55 minutes until the eggplant are tender and the tomatoes burst.
4. Divide the eggplant among plates and spoon the tomatoes and garlic over the tops. Sprinkle with the basil.

