

Braised Eggplant Rounds

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 50 minutes

Step 1: Prepare the Mise en Place

- 2 medium-sized eggplant, zebra-peeled, and cut into ½ inch rounds (8-10)
- 1 small red onion, thinly sliced
- 2-3 fresh garlic cloves, finely minced
- 3 Tbs fresh parsley, minced
- 1 tbsp low-sodium soy sauce or Tamari (remember that Tamari is gluten-free)
- 2 tsp liquid smoke or Smoked Paprika (for the smoky flavor)
- 1 tsp crushed red pepper flakes
- 2-3 cups of low-sodium vegetable stock

Preheat Oven to 350F (177C)

How to Zebra-Cut Eggplant

- 1- Wash the eggplant thoroughly.
- 2- Using a vegetable peeler, remove long vertical stripes of the skin, leaving space between each stripe.
- 3- Space the stripes evenly.
- 4- Cut into ½ rounds
- 5- Continue with recipe

Step 2: Braise the Eggplant

This braising method begins on the stove-top to caramelize the onions and garlic, which will add a rich flavor to the braised eggplant

On the stovetop, bring a soup pot or Dutch oven to medium-high heat. Add the onions, stirring occasionally. When the onions are translucent, add the garlic. Cook for 30-40 seconds and de-glaze with a few tablespoons of your stock.

Remove from the heat. Cover the onion mixture with the eggplant rounds. Add soy sauce, liquid smoke, crushed pepper flakes, and stock. Cover.

Place in a pre-heated oven for 20-25 minutes. Remove cover and allow to cook for an additional 10-15 minutes. This will allow the eggplant to caramelize more.

Remove from the oven when tender. Plate and garnish. Serve with a grain and some fresh vegetables.

Step 3: BONUS RECIPE: Braised Eggplant Dip

- 2-3 rounds of braised eggplant
- 1 tsp garlic granules
- Juice of one, fresh lemon

Cut the eggplant into quarters and add to a food processor or blender. Add the garlic granules and lemon juice and blend until smooth. Adjust flavor to your preferences.

Plate and garnish. Serve with whole wheat pita, crackers, fresh veggies.