

Roasted Eggplant and Tomatoes

2 small or 1 large eggplant, cut crosswise into ¼ inch slices
6 small to medium tomatoes, cut into ¼ inch slices
1 tsp salt
¼ tsp black pepper
2 Tbsp olive oil
2 cloves garlic, minced
6-8 basil leaves, finely chopped, or about 1 tsp dried leaf basil
Freshly shredded Parmesan cheese



Lightly oil a large shallow baking pan with olive oil. Heat oven to 425 degrees. In a large bowl, toss sliced eggplant and tomatoes with the salt, pepper, olive oil, garlic and basil. Spread the sliced tomatoes and eggplant out in the prepared baking pan in a single layer. Bake the slices for 35-45 minutes, or until vegetables are nicely browned. Sprinkle with fresh Parmesan cheese.

Comments: This is an easy way to use some vegetables, and can fill in nicely as a side dish. My recommendation for eggplant is some kind of roasting. Many people think eggplant doesn't have much flavor, and it's true that it absorbs and expresses the flavors of what it's cooked with, but roasting also brings out the unique flavor of eggplant that drives many people to eggplant addiction. As always, consume in moderation.