Eggplant Recipes

Bulgar Wheat Salad with Tomato and Eggplant

Tomato, Eggplant, Zucchini Bake with Garlic and Parmesan

Spicy Eggplant and Cauliflower with Basil

**Bulgar Wheat Salad with Tomato and Eggplant**

From realsimple.com

Ingredients

1 cup bulgur wheat

1 eggplant, thinly sliced

5 tablespoons extra-virgin olive oil

1 pound cherry tomatoes, cut in half

1 tablespoon red wine vinegar kosher salt and pepper

1 cup basil leaves, torn

How to Make It

Step 1 Heat broiler.

Step 2 Cook the bulgur according to the package directions.

Step 3 Arrange the eggplant slices on 2 baking sheets. Brush both sides with a total of 3 tablespoons of the oil. Broil the eggplant, 1 sheet pan at a time, until brown, 2 to 3 minutes per side.

Step 4 Transfer to a large bowl. Stir in the tomatoes, vinegar, the remaining 2 tablespoons of oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Fold in the basil.

Step 5 Transfer the bulgur to a large bowl and top with the eggplant and tomato mixture before serving.

**Tomato Eggplant Zucchini Bake with Garlic and Parmesan**  
From wellplated.com  
  
Ingredients:

3 medium zucchini (about 1 1/2 pounds)  
 1 small/medium eggplant (about 3/4 pound—see notes if your eggplant is large)  
 1 pint cherry or grape tomatoes  
 1 tablespoon extra-virgin olive oil  
 4 large cloves garlic, minced  
 1/4 teaspoon kosher salt  
 1/4 teaspoon ground black pepper  
 2/3 cup freshly grated Parmesan cheese, divided (about 2 1/2 ounces)  
 1/4 cup chopped fresh basil, divided  
 1/4 cup chopped fresh parsley, divided

Directions:  
 Preheat the oven to 350 degrees F. Lightly grease a deep 9×9-inch baking dish or similar 3 1/2-quart casserole dish with nonstick spray.  
 Quarter the zucchini then cut into 1/2-inch slices and place in a large mixing bowl (each piece of zucchini should be roughly 1/2 to 3/4 inches in size). Next, slice the eggplant into 1/4-inch rounds, then stack the rounds and cut into roughly 3/4-inch pieces. Add to the bowl with the zucchini. Halve the cherry tomatoes and add them to the bowl. Drizzle the cut vegetables with the olive oil, then add the garlic, salt, pepper, 1/3 cup of the Parmesan cheese, and half of the basil and parsley. Toss gently to combine.  
 Transfer the vegetables to the prepared baking dish. Bake for 25 minutes, cover the pan with aluminum foil, then continue baking for 10 to 20 additional minutes, until the vegetables are tender. Sprinkle with the remaining Parmesan cheese, basil, and parsley. Serve warm.

**Spicy Eggplant and Cauliflower with Basil**  
From realsimple.com  
  
Ingredients   
 1 1/2 cups basmati rice kosher salt   
 2 large garlic cloves, finely chopped   
 1 tablespoon freshly grated ginger   
 1/3 cup olive oil   
 2 teaspoons Thai red curry paste (such as Thai Kitchen)   
 3 small or baby eggplants (about 1 1/2 pounds), cut lengthwise into wedges   
 1/2 head cauliflower (about 1 pound), broken into florets   
 1 15-ounce can chickpeas, drained and rinsed   
 2 cups bean sprouts   
 1/2 cup fresh basil leaves, torn if large   
  
How to Make It   
 Step 1 Heat oven to 450º F.   
 Step 2 In a large saucepan, combine the rice, ¼ teaspoon salt, and 2 ¼ cups water and bring to a boil.   
 Step 3 Cover and simmer on low until the water is absorbed, about 15 minutes. Remove from heat and let sit 5 minutes. Fluff with a fork and set aside.   
 Step 4 Meanwhile, whisk together the garlic, ginger, oil, curry paste, 1 ¼ teaspoons salt, and ½ cup water. Toss with the eggplants and cauliflower.   
 Step 5 Transfer to a roasting pan in a single layer. Roast until tender, about 30 minutes, stirring occasionally, adding the chickpeas during the last 5 minutes.   
 Step 6 Remove the vegetables from oven and toss with the bean sprouts and basil. Place 1 cup of rice on each of 4 plates and top with some of the vegetables.