Tomato Recipes

Tomato Eggplant Zucchini Bake with Garlic and Parmesan

Peach Tomato Basil Summer Salad

Caprese Salad

Bulgar Wheat Salad with Tomato and Eggplant

**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.

**Peach, Tomato and Basil Summer Salad**  
Modified from acouplecooks.com  
  
INGREDIENTS  
½ red onion  
2 large peaches  
2 large tomatoes  
15-ounce can cannellini beans (or 1½ cups cooked)  
½ cup packed fresh basil leaves  
2 tablespoons sherry vinegar (or red or white wine vinegar)  
2 tablespoons olive oil  
1 tablespoon honey  
¼ cup feta crumbles  
Kosher salt  
Fresh ground pepper  
  
INSTRUCTIONS  
Thinly slice the red onion; place it in a small bowl and cover in cold water. Squeeze and release the onion slices about 5 to 6 times; drain the water and repeat the squeeze and rinse cycle 2 more times. Place the slices back in the bowl and cover with cold water while assembling the salad.  
Dice the peaches and tomatoes. Drain and rinse the beans. Slice the basil into thin strips.  
In a small bowl, whisk together sherry vinegar, olive oil, honey, 2 pinches kosher salt, and several grinds fresh ground pepper.  
Drain the onions and squeeze them dry. In a large bowl, gently mix together onions with tomatoes, peaches, beans, basil, and dressing, and a few pinches kosher salt. Sprinkle with crumbled feta cheese and serve.

**Caprese Salad**  
Adapted from the Food Network  
   
Ingredients:  
3 medium tomatoes, ¼ inch thick slices  
1 pound fresh mozzarella, ¼ inch thick slices  
20 leaves fresh basil  
Extra virgin olive oil, for drizzling  
Salt and pepper, to taste  
   
Directions  
Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.

**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.