

Eggplant

There are many ways to cook eggplant: fried, baked, grilled, or as a meat substitute. It is common in Mediterranean cuisine, and when cooked properly is soft, smooth, and creamy.

- Before cooking: peel, slice or cube the eggplant, sprinkle generously with salt, and let it sit at room temperature for one hour. Rinse, firmly squeezing with your hand to draw out the moisture, and pat dry with paper towels.
- Toss cubed eggplant with olive oil and roast at 400 degrees until cooked thoroughly. Add to pasta.
- Brush sliced eggplant with oil. Bake with tomatoes and basil for a vegetarian side dish.
- Store out of the bag, in a cool spot away from direct sunlight.



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