RESCUE*RECIPE - EXOTIC EGGPLANT

INGREDIENTS

2 large egglpants* or 6 small

2 TBsp olive oil

1 large onion* or several small

7 large tomatoes*, old/soft is good (or one 796mL can drained)

3 cloves garlic

1 large bell peppers*

salt and pepper to taste

"exotic spices":

½ TBsp black mustard seeds

½ TBsp ground fenugreek

1 tsp garam masala

1 tsp cinnamon

½ tsp chilli powder (or one green chili* chopped fine)

½ tsp ground cumin

½ tsp ground coriander

DIRECTIONS

Step 1 –wash and remove bruised or brown bits from egglplants. Cut them into ½ inch discs. Lay in flat layer on a baking sheet. Cook 25 minutes at 350'F. Turn slices midway though baking.

While eggplant bakes, continue with steps 2 and 3.

RESCUED VEGETABLES....

Step 2- if using old, soft tomatoes. Remove skin. (Plunge tomatoes into boiling water for 3 mnutes. Drain and remove skin. Roughly chop, discard liquid.)

Step 3- In a large frying pan, heat oil on medium heat. Fry onion and garlic 8 min. Stir frequently. Add bell pepper continue 5 minutes. Add spices and tomato pieces continue to cook on low for 5 minutes to meld flavours.

Step 4- In a Pyrex baking dish. Layer 1/3 tomato mixture, then eggplant slices, continue ending with tomato.

Step 5 – Bake in oven at 375 for 40 minutes

Serve hot with couscous, rice or flatbread. Mmmmmmmmmmm.....

FUNKY FOOD FACT:

SPICES LAST A LONG TIME AND GIVE FOODS AN EXPENSIVE FLAVOUR BOOST! THEY'RE A SMART PANTRY INVESTMENT