

BAKED EGGPLANT

Makes 4 servings

INGREDIENTS

4 large globe eggplants (the big dark purple ones)



DIRECTIONS

1. Preheat oven to 350° Fahrenheit. Arrange a rack in the middle of the oven, and another rack directly below it.
2. Rinse eggplants in cold running water. Pat dry with kitchen towel.
3. Place eggplants directly on the middle rack. If you are worried about any dripping, you may place tin foil on the rack below the eggplant.
4. Bake until incredibly tender and the skin is wrinkly, about 45 minutes to an hour.
5. Using tongs, carefully remove eggplants from oven and place them on a cutting board or a cooling rack to cool.
6. When the eggplants are cool enough to handle, cut each in half. You can:
 - Drizzle each half with lemon juice, olive oil, walnuts or pine nuts and/or tahini and serve
 - Drizzle with melted butter, sage, and slivered almonds and serve
 - Drizzle each half with maple syrup, red pepper flakes, and pecans and serve
 - Drizzle each half with with hot sauce, pomegranate seeds, and fresh herbs and serve
 - Scoop out eggplant flesh and add to a soup or stew
 - Make baba ghanouj

NOTES

Peeled and cooled eggplant can be stored in an airtight container or a zip-top bag for up to 5 days in the refrigerator or up to 6 months in the freezer.