

SPIRAL VEGETABLE RICOTTA PIE

Ingredients:

Makes a 22 cm. pie

350 grams ricotta

2 eggs

70 grams Parmigiano Reggiano, grated

Salt

Pepper

Nutmeg, freshly grated (optional)

1 store-bought round puff pastry dough

2 zucchini, sliced thinly & lengthwise

2 - 3 carrots, peeled, sliced thinly & lengthwise

1 medium aubergine, sliced thinly & lengthwise

Extra virgin olive oil

Directions:

Mix the ricotta, eggs, 50 grams Parmigiano Reggiano, nutmeg (if using), salt & pepper in a bowl

Unroll the puff pastry dough on a greased baking pan.

Pour the ricotta mixture on the dough.

Make sure that the vegetable slices are of similar height before starting to put them in the pie.

Starting from the outer edge, line the pie with the vegetables, one kind per line. Alternate with the other vegetables until you reach the central part.

Once the pie is finished, drizzle or brush the vegetables with extra virgin olive oil. Sprinkle with salt, pepper & the remaining Parmigiano Reggiano.

Bake in a pre heated oven of 180 degrees C for 1 hour in the middle rack. If you see that the pie is already brown before 1 hour, take it out of the oven, cover it with an aluminum foil and finish cooking it until the hour ends.

Recipe from travel food blogger Apron and Sneakers at <http://www.apronandsneakers.com/2013/08/spiral-vegetable-ricotta-pie.html>



Summer Fest: Eggplant Chips with Cilantro Pesto

Prep Time: 10 minutes
Cook Time: 25 minutes
Total Time: 35 minutes

Yield: 4 servings

Ingredients

- 2 cups fresh cilantro, packed
- 1/3 cup cashews, un-roasted and unsalted
- 2 cloves garlic, skin removed
- 1/2 cup olive oil + 3 tbsp
- 1/2 cup Asiago cheese, grated
- 4 Japanese eggplants, thinly sliced into rounds
- 2 tbsp salt
- 1 tsp paprika
- 1 tsp garlic salt
- extra salt and pepper to taste

Instructions

1. Combine the cilantro, cashews and 2 cloves of garlic in a food processor and pulse until finely chopped.
2. Stream in 1/2 cup olive oil while the food processor is on, making sure to scrape down the sides once fully incorporated. Add the Asiago cheese, and a pinch of salt and pepper and combine. Taste and adjust salt and pepper as needed and set aside.
3. Slice the eggplants into 1/3 inch thick rounds and lay onto a parchment lined baking sheet. Sprinkle the salt over the eggplant and let sit for about an hour.
4. Using a paper towel, blot off the salt and water and place back onto parchment paper.
5. Preheat oven to 350 degrees F.
6. Combine the remaining olive oil, paprika and garlic salt in a small bowl. Using a small brush, brush the olive oil mixture onto both sides of the eggplant.
7. Bake for 25-30 minutes. Make sure to keep an eye on the eggplant as you don't want to let it burn.
8. Remove from oven and sprinkle with finishing salt and serve immediately with the Cashew Cilantro Pesto Dipping Sauce.



<http://whatsgabycooking.com/eggplant-chips/>

Recipe from *What's Gaby Cooking?* at <http://whatsgabycooking.com/eggplant-chips/>

Julia Child's Eggplant Pizzas

(Tranches d'aubergine à l'italienne)

(Makes 3-4 servings or 6-8 appetizer servings, recipe adapted from one found in From Julia Child's Kitchen.)

Ingredients:

1 globe eggplant, about 8 ounces and 9-10 inches long
about 1 T salt, for drawing water out of eggplant
about 2 T olive oil, for brushing eggplant before roasting
about 2 tsp. dried Italian seasoning, for sprinkling on eggplant before roasting
10 large basil leaves, cut in chiffonade strips (optional)
1/3 cup freshly grated Parmesan
1/3 cup finely grated low-fat mozzarella blend
hot red pepper flakes for sprinkling finished pizza (optional)

Sauce Ingredients:

2-3 tsp. extra-virgin olive oil
3 large garlic cloves, very finely chopped
1 can good quality petite diced tomatoes with liquid (or use 3 cups peeled and diced fresh tomatoes)
1/2 tsp. dried Italian seasoning blend
1/4 tsp. dried oregano (use Greek or Turkish oregano)

Instructions:

Cut off both ends of the eggplant; then cut it into 3/4 inch thick slices (trying to make them the same thickness!) Put the eggplant pieces on a double layer of paper towels and sprinkle both sides generously with salt. Let the eggplant sit with the salt on it for about 30 minutes to draw out the liquid. (After the eggplant sits for 15 minutes, turn on the oven to 375F/190C.)

While the eggplant sits, make the sauce. Heat 2-3 tsp. olive oil (depending on your pan) and saute the finely chopped garlic just until it becomes fragrant. (Don't let it brown.) Add the petite diced tomatoes, dried Italian seasoning, and dried oregano and let the sauce cook at a low simmer until it's thickened, breaking up the tomatoes with a fork as it cooks. (Add water as needed, a few tablespoons at a time as the sauce cooks, keeping it hot by simmering at very low heat until it's needed for the eggplant slices.)

After 30 minutes, wipe the eggplant dry with paper towels (this also removes most of the salt.) Spray a roasting sheet with olive oil or non-stick spray, lay eggplant slices on, brush the tops of the eggplant with olive oil, and sprinkle with dried Italian seasoning. Roast the eggplant about 25 minutes (but "not so long that the slices become mushy and lose their shape" as Julia says.)

While the eggplant roasts, thinly slice the fresh basil leaves (if using) and combined freshly grated Parmesan and low-fat mozzarella blend. After 25 minutes or when eggplant pieces are done, remove eggplant from the oven and turn oven setting to broil. Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices (if using) and top with a generous amount of cheese. Put pizzas under the broiler until the cheese is melted and slightly browned. (This took 6-7 minutes for me, but I was using a toaster oven and in a more powerful broiler it would probably only take a few minutes.) Serve hot, with red pepper flakes to sprinkle on pizza if desired.

This printable recipe from KalynsKitchen.com.



OVEN BAKED EGGPLANT FRIES

Servings: Makes sides for 4

A twist on your typical french fry, these eggplant fries are not only healthy but taste great! Get your veggies in with these crispy on the outside, soft in the middle fries!

Ingredients:

1 eggplant

a drizzle of veggie broth (or your favorite cooking oil if you use oil)

1 teaspoon Himalayan pink salt

½ teaspoon ground black pepper

1 teaspoon smoked paprika

2 teaspoons maple syrup

1 cup almond meal

2 tablespoons nutritional yeast (optional)

note: You can sub another flour for almond meal to make this nut free. I removed some of the outer skin to take out some of the bitterness. The touch of maple syrup helps with this too.

Instructions:

Preheat oven to 400. Wash and cut eggplant into thin fry like sticks. The thinner they are the crispier they will get.

Put eggplant pieces in a deep bowl and sprinkle with veggie broth (or oil if using), salt, pepper, paprika and maple syrup. Mix to coat.

Place almond meal and nutritional yeast (if using) in another bowl or dish and mix. In small handfuls, put eggplant pieces in bowl of almond meal and toss to coat well.

Place on a baking sheet covered with parchment and bake for 35-45 minutes, depending on thickness, or until golden brown. Serve with your favorite dip.