

Eggplant Parmesan Sauté



Ingredients

- 3 cups cubed eggplant (medium-small cubes)
- 1 can (14.5 oz) of diced tomatoes
- ½ cup diced onions
- 3 cloves garlic minced, or 3 teaspoons garlic powder
- ¼ cup lemon juice
- 1 teaspoon pepper
- 2 teaspoons dried oregano
- 1 cup Queso Fresco cheese (or shredded parmesan)
- 2 Tablespoons oil

Instructions

1. Add oil to a pan and heat on medium high. Add onions and stir for about 3-5 minutes or until soft and fragrant.
2. Add cubed eggplant to pan. Stir continuously for about 10-15 minutes, or until eggplant is soft.
3. Add the pepper and oregano and stir, then add lemon juice and let sit for 1 minute.
4. Add tomatoes and let reduce for another 10 minutes or until most of the liquids have cooked off.
5. Serve with queso fresco or parmesan.

Adapted from fightinghunger.org

Sweet Potato Avocado Breakfast Bowl



Ingredients

- 1 cup sweet potato, peeled
- 1/2 avocado, diced
- 1 egg
- 1/2 cup tomato, chopped
- 2 Tablespoon plain yogurt
- 1 Tablespoon oil
- 1/2 Tablespoon lime juice
- Salt and pepper to taste

Instructions

1. Place the whole sweet potato in a bowl with a cover, and microwave on high for 5 minutes. It is done when you can easily pierce through the sweet potato with a fork. Dice the sweet potato and set aside.
2. Mix together the yogurt, lime juice, salt and pepper, then set aside.
3. Toss the sweet potato, avocado and tomato together in a bowl. Salt to taste and set aside.
4. Heat a small pan over medium heat with oil, and fry the egg until it is done to your liking, approximately 3-4 minutes. Once cooked to desired consistency, remove from heat and place on top of sweet potato mixture.
5. Drizzle yogurt sauce on top and serve.

Adapted from avocadosfrommexico.com

**PLEASE NOTE THE
SCHEDULE CHANGE!**

ORDER BY THURSDAY, OCT 9. PICK-UP WEDNESDAY, OCT 15.
ORDER BY THURSDAY, OCT 30. PICK-UP WEDNESDAY, NOV 5.

Crispy Baked Parmesan Eggplant Fries

These Crispy Baked Parmesan Eggplant Fries will be the highlight of your week! They are crunchy on the outside and perfectly tender on the inside.



Ingredients

- 1-2 eggplants cut into 1/2" thick "fries"
- 3/4 cup cornmeal
- 2 Tablespoons grated parmesan cheese
- Dash of cayenne pepper
- 2 eggs
- 1 Tablespoon oil

Instructions

1. Preheat oven to 400 F
2. To cut eggplant easily, first slice off the ends. Cut it in half lengthwise and make "french fry" wedges.
3. Put cornmeal, parmesan cheese, and cayenne pepper in a bowl and mix them together.
4. In another bowl, beat 2 eggs.
5. Lightly spray a baking sheet with cooking spray. Dip each eggplant wedge into the egg bowl. Then, coat them evenly with the cornmeal mixture.
6. Place each coated wedge onto the baking sheet. Repeat this for all the eggplant pieces.
7. After all the wedges are coated, drizzle oil over them. Bake for 25 minutes or until they become golden and crisp.
8. Enjoy with marinara sauce or your favorite dipping sauce!

Adapted from foodheavenmadeeasy.com

Roasted Eggplant Dip



Ingredients

- 1 eggplant
- 1 onion, finely chopped
- 1 green pepper, finely chopped
- 2 Tablespoons oil
- 1 (6 ounce) can tomato paste
- 1 garlic clove, minced or 1 teaspoon garlic powder
- Salt and pepper to taste

Instructions

1. Preheat oven to 350 F and bake the whole eggplant for about 15-20 minutes until fork tender
2. Allow to cool slightly and cut off the top and bottom of the eggplant
3. Place in a bowl and mash, set aside
4. In a pan, sauté onions and green pepper in oil until they are soft
5. Add tomato paste and simmer for 5 minutes
6. Add in eggplant, garlic, salt and pepper and simmer for 30 minutes
7. Remove from the heat and cool, then place in the fridge to chill
8. Serve with crackers and enjoy!

Notes

- This freezes well and can be kept in the freezer for 6 months! To thaw, place in the refrigerator overnight

Adapted from Sea Island Seasons Cookbook