

Pan-Roasted Fairy Tale Eggplant

Makes 2-4 servings

Fairy Tale eggplants are tiny and more tender than large eggplants. Pan-roasting them turns them soft and creamy and makes for a fun, kid-friendly side dish. Your child can help mix the sauce.

Ingredients

For the sauce

- ½ cup low-fat yogurt
- 2 tablespoons lemon juice
- ¼ teaspoon garlic powder
- ¼ teaspoon cumin powder
- ¼ teaspoon salt
- ¼ teaspoon chile powder or paprika (optional)

For the eggplant

- ½ pound Fairy Tale eggplants, stems removed and cut in half lengthwise
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup mint leaves or parsley, chopped
- ¼ cup almonds or walnuts, toasted and chopped (optional)



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Directions

1. *Make the sauce:* In a small bowl, combine the all the sauce ingredients. Mix until smooth and set aside.
2. *Make the eggplant:* Sprinkle the eggplant halves with salt and pepper.
3. Heat a large pan over medium-high heat and add the olive oil. When the oil is hot, place half of the eggplants in the pan cut side down.
4. Cook the eggplants on one side until browned, about 3 to 4 minutes.
5. Use tongs or a large fork to flip the eggplants. Cook until the other side is also lightly browned, another 3 to 4 minutes.
6. Transfer the eggplants to a plate lined with a paper towel and sprinkle with a little bit of salt.
7. Repeat with the remaining eggplants.
8. Spread the yogurt sauce on a serving plate. Put the eggplant pieces on top and sprinkle them with the herbs and nuts (if using). Serve warm