

Stuffed Eggplant with Pasta

Submitted by Kathryn Ganacoplos-Lewis

Ingredients:

2 Cups of dried Penne Pasta
3 Tbsp of olive oil or Smart Balance Light with Flax (vegan)
2 Eggplants
1 large onion
2 garlic cloves, minced
14 oz canned chopped tomatoes
2 tsp dried oregano
Salt and pepper, optional
2 Tbsp dry bread crumbs
*parchment paper

Directions:

Preheat oven to 400 degrees. Bring a pan of lightly salted water to a boil over a medium heat. Add pasta and cook until done. Drain pasta thoroughly and return to pan, cover and keep warm.

Cut eggplant in half lengthwise and score around the inside with a sharp knife, being careful not to pierce the shells. Scoop out the flesh with a spoon. Brush the insides of shells generously with oil or melted Smart Balance Light with Flax. Chop flesh and put aside. Sauté onions and until translucent. Add the garlic and cook for 1 min. Add the chopped eggplant and cook, stirring frequently, for 5 minutes. Add the tomatoes and oregano and season to taste with salt and pepper. Bring to a boil and simmer for 10 minutes or until thickened. Remove eggplant mixture from the heat and fold in cooked pasta.

Cover a cookie sheet with parchment paper and arrange the eggplant shells in a single layer. Divide the tomato and pasta mixture between them. Sprinkle bread crumbs over the top. Bake for 25 minutes or until topping is golden brown. Serve with salad greens.

“Suppose you have ordered yourself not to eat fish; you will find that the enemy continually makes you long to eat it. You are filled with an uncontrollable desire for the thing that is forbidden. In this way you can see how Adam's fall typifies what happens to all of us. Because he was told not to eat from a particular tree, he felt irresistibly attracted to the one thing that was forbidden him.”

St John Kaparthos