

P ntry News

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Eggplant

Eggplant Parmesan

INGREDIENTS:

1 large eggplant, washed
Salt
Vegetable oil
Flour
Butter
½ pound mozzarella
Fresh basil leaves (if available)
¼ cup grated parmesan cheese
1 can spaghetti sauce



PREPARATION:

Slice eggplant (do not peel) approximately 3/8 inch thick, then sprinkle lightly with salt and set aside for 30 minutes. (The salt will draw out any bitterness in the eggplant.) In a large frying pan, add enough oil to come ½ inch up the sides. Pat the eggplant dry with paper towels. Test if the oil is hot enough by dipping in the end of one of the slices; when the oil sizzles, it's ready for frying. Dredge a few slices in flour and slip into the hot oil. Working in batches, do not crowd the pan. Cook until golden brown, then carefully turn over and cook the other side. Do not turn more than once. When done, remove and drain on paper towels. Work in batches until all the eggplant is cooked.

Preheat oven to 400 degrees. Cut the mozzarella into thinnest possible slices. Smear the bottom of the baking dish with butter.

Make a single layer of eggplant on the bottom of the dish, spread a couple of tablespoons spaghetti sauce over, and then cover with mozzarella slices. Sprinkle liberally with grated Parmesan. Distribute pieces of basil over top. Repeat the procedure, until all the eggplant has been used, ending with a layer of eggplant. Sprinkle with grated Parmesan and place in oven.

After 20 minutes, press the eggplant down with the back of a spoon. Cook another 15 minutes. Let the dish settle for 15 minutes, then serve with extra Parmesan on the side, if desired.

Cucumber salad with fresh dill



A fresh dill is very flavorful and a little goes a long way. Taste as you go before you add too much.

Depending on the thickness of the cucumber's skin, peel or don't peel, according to your taste. Slice thinly and sprinkle with salt and pepper.

Dress with 2 to 3 teaspoons olive or other oil, then toss with lemon juice or vinegar to taste. Stir in 1 teaspoon chopped fresh dill or more to taste. Serve very cold on a hot day. Yummy.

(Turn the page for another recipe)

WAYNE COUNTY FOOD PANTRY 570-253-4262



Creamy Eggplant Appetizer (microwave version)

You can cook the eggplant for this creamy appetizer in the oven (it will take 45 minutes), or you can use the microwave (it takes 12 minutes).

INGREDIENTS

1 large eggplant
1 small onion, peeled and chopped (about ½ cup)
1 garlic clove, smashed, peeled and minced
1 teaspoon kosher salt
¼ teaspoon ground black pepper
2 Tablespoons olive oil
2 teaspoons lemon juice
¼ cup finely chopped fresh parsley

PREPARATION

Using a fork, prick the skin of the eggplant several times. Place the eggplant on a double thickness of paper toweling and cook, uncovered, at 100% power for 12 minutes. Remove from oven and let cool.

When cool enough to handle, cut in half lengthwise and scoop out the flesh. Place in the work bowl of a food processor or blender. Add onion, garlic, salt and pepper, and process until the mixture is creamy. Transfer to a clean bowl and stir in chopped parsley, olive oil and lemon juice.

Serve as a dip with raw vegetables or with pita bread or pita chips.

Alternative cooking methods

In the oven: Prick the eggplant with a fork. Set on a sheet pan and roast at 400 degrees until tender and collapsed, 20 to 40 minutes, depending on size. When cool enough to handle, slice in half and scoop out the flesh.

On the grill: Prick eggplant with a fork. Cook over coals or on a covered gas grill until tender and to the point of collapse.

Recipes and photos supplied by Jane Bollinger.



WAYNE COUNTY RESIDENTS

IN THIS DIFFICULT TIME

Please reach out to us. We are here to help!

**IF you are not already registered-
You MUST call 570-253-4262**

to register & obtain your pantry assignment.

EACH PANTRY LOCATION WILL HAVE 2 DISTRIBUTION DATES IN AUGUST.

