



## ASIAN EGGPLANT

Makes 3-4 servings.

I love this piquant eggplant dish. Eating it with whole grain crisp crackers enhances the flavor.

### INGREDIENTS

- 1 medium eggplant (about 1¼ pounds)

### DRESSING

- 1 garlic clove
- ½ inch ginger, peeled and grated
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon sesame oil
- ¼ teaspoon sugar
- 1 tablespoon seasoned rice vinegar
- Kosher salt
- Freshly ground black pepper
- Cilantro leaves for garnish

### PREPARATION

1. Preheat the oven to 400 F.
2. Place the eggplant in a foil-lined pan. Bake for 35-40 minutes, turning once. The eggplant should be soft.
3. Cool the eggplant until comfortable to handle. Cut off the stem, cut in half lengthwise and discard as many seeds as possible. Cut into small cubes.

## DRESSING

1. Coarsely chop the garlic on a cutting board and sprinkle with  $\frac{1}{4}$  teaspoon salt. Using the blade of a knife, crush it to a paste.
2. In a medium bowl combine the garlic paste, ginger, olive oil, soy sauce, sesame oil, sugar and rice vinegar. Add the eggplant, combine and season to taste.