

“Grand” Eggplant Gratin

- Extra Virgin Olive Oil, for frying
- $\frac{3}{4}$ lb eggplant, unpeeled, sliced $\frac{1}{2}$ - inch thick
- $\frac{1}{4}$ cup fat free or low fat ricotta cheese
- 1 extra-large egg
- $\frac{1}{4}$ cup half and half
- $\frac{1}{2}$ cup plus 2 tablespoons freshly grated Parmesan cheese
- Kosher salt
- Black pepper
- $\frac{1}{2}$ cup marinara sauce

Preheat the oven to 400 degrees F.

Heat about 1/8-inch of olive oil in a very large frying pan over medium heat. When the oil is almost smoking, add several slices of eggplant and cook, turning once, until they are evenly browned on both sides and cooked through, about 5 minutes.

Transfer the cooked eggplant slices to paper towels to drain. Add more oil, heat, and add more eggplant until all the slices are cooked.

Meanwhile, in a small bowl, mix together the ricotta, egg, half-and-half, $\frac{1}{4}$ cup of the Parmesan, $\frac{1}{8}$ teaspoon salt, and $\frac{1}{8}$ teaspoon pepper.

In an 8x8 baking dish, place a layer of eggplant slices, then sprinkle with Parmesan, salt and pepper and spoon $\frac{1}{2}$ of the marinara sauce. Next, add a second layer of eggplant, more salt and pepper, half the ricotta mixture, and finally 1 tablespoon of grated Parmesan on top.

Place the gratin on a baking sheet and bake for 25 to 30 minutes or until the custard sets and the top is browned. Serve warm.

Ratatouille

- 1 small red onion
- 2 cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- ½ pint grape tomatoes
- 3 T extra virgin olive oil
- 1 t dried basil
- 1 t dried oregano
- ¼ t salt
- ¼ t ground black pepper

Preheat oven to 425

Peel onion and garlic. Chop onion, zucchini, squash in to ½ in pieces. Mince garlic

In a medium bowl add onion, eggplant, zucchini, squash, garlic, oil, basil, oregano, salt and pepper. Toss to coat.

Lightly spray baking sheet with non-stick cooking spray. Spread veggies out in a single layer so they do not touch.

Roast 20 minutes. Add tomatoes and roast 15-20 minutes until veggies are golden brown.

Serve over polenta or whole grain pasta.