

Barbecue Lentils with Eggplant



SERVES 4

1/2 cup olive oil
1 large eggplant, peeled and diced into
1-inch cubes (2 cups)
1 cup thinly sliced red onion
1 cup finely chopped diced tomatoes
1 1/2 tablespoons fresh oregano
3 cloves garlic, minced
(1 1/2 teaspoons)
1/4 teaspoon freshly ground pepper

1 tablespoon tamari
1/2 cup favorite barbecue sauce
1 tablespoon lemon juice
1 tablespoon honey
1 (15-ounce) can cooked lentils with
liquid
1/4 cup finely chopped parsley
1 scallion, finely diced
Salt to taste

MEATY chunks of eggplant are simmered in a smoky tomato sauce with the sweet-and-sour overtones of lemon and honey (not barbecued on the grill in the literal sense). You may easily cook your own lentils for this dish. Lentils need no presoaking and they cook quickly. Substitute 1 cup of dried lentils (brown or green) for the canned. Cook them in 3 cups water or Vegetable Stock (see page 57), and then add them as you would the canned. If you like spicy, add a minced serrano or jalapeño to the onions when you sauté. Try serving this over polenta, steamed basmati or short-grain brown rice, or couscous. This makes a great Sunday night dinner served with a field green salad and a loaf of bread.

In a heavy-bottom sauce pot, heat the olive oil over medium heat and sauté the eggplant for 10 minutes, sprinkling with a bit of water if needed to prevent sticking. Add the onion, tomatoes, oregano, garlic, and pepper to the eggplant, and continue to sauté for 5 minutes.

Add the tamari, and stir thoroughly. Add the barbecue sauce, lemon juice, and honey, stirring thoroughly to evenly coat all the vegetables. This will form a sauce around the eggplant. Add the lentils with their liquid to the pot, and simmer for about 15 minutes, adding a bit of water if the sauce looks thick. Add the parsley and scallion. Season with the salt.

PER SERVING: CALORIES 370; CALORIES FROM FAT 130; CALORIES FROM SATURATED FAT 20; PROTEIN 14 G; CARBOHYDRATE 50 G; TOTAL FAT 15 G; SATURATED FAT 2.5 G; CHOLESTEROL 0 MG; SODIUM 580 MG; 35% CALORIES FROM FAT



Recipe Bonus You may also place the eggplant mixture in an ovenproof casserole dish and top it with provolone cheese; then bake it.

beans, legumes, and whole grains

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- 1/8 cup olive oil
- 1 large eggplant, peeled and diced into 1-inch cubes (2 cups)
- 1 cup thinly sliced red onion
- 1 cup finely chopped diced tomatoes
- 1 1/2 tablespoons fresh oregano
- 3 cloves garlic, minced (1 1/2 teaspoons)
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon tamari
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