



mnazaleh

Servings
4 servings

Prep Time
1 hour

Cook Time
45 minutes

Kosher Key
Parve

Description

A light and healthy vegan entree with chickpeas, eggplant, tomatoes, onions and spices. Traditional Middle Eastern Druze recipe. Easy and very flavorful!

Ingredients

- 1 eggplant, about 2 pounds
- 1/4 cup extra virgin olive oil, plus more for greasing baking sheet
- 1 onion, sliced
- 1 tbsp minced fresh garlic
- 4 tomatoes
- 2 tbsp tomato paste
- 1 tsp baharat seasoning (you may substitute 1/2 tsp paprika, 1/4 tsp cumin and 1/4 tsp grated nutmeg)
- 1/4 tsp cinnamon
- Pinch of dried hot chili flakes (or to taste)
- 1 3/4 cup chickpeas, cooked or canned and drained
- Salt and pepper, to taste

Recipe Notes

You will also need: baking sheet, colander, grater, sauté pan, sharp knife, cutting board.

Instructions

1. Peel the eggplant, leaving a few strips of skin on for texture.
2. Slice the eggplant into 1-2 inch chunks.
3. Place the eggplant into a colander and sprinkle liberally with salt. Let the salted eggplant sit in the colander for 30-45 minutes until beads of liquid rise to the surface.

4. Grate the tomatoes. Grasp each tomato firmly and grate over a bowl, letting the pulp fall into the bowl.
5. Grate until all that is left is a strip of tomato skin, which can be discarded. When done grating the tomatoes, preheat oven to 425 degrees F.
6. Rinse eggplant thoroughly to rid it of all excess salt, shake dry. Brush baking sheet liberally with olive oil. Place the eggplant slices on the sheet, drizzle with 2 tbsp olive oil and toss them to coat all slices evenly with oil.
7. Roast eggplant in the oven for 10 minutes. Flip slices and roast for another 10-15 minutes longer until tender.
8. While eggplant is roasting, heat 2 tbsp olive oil over medium heat in a sauté pan. Sauté onion slices for 10-15 minutes, stirring frequently. Cook until the onion is translucent, very tender and starting to caramelize. The longer you cook it the sweeter it will become. Add the garlic, and sauté for another minute.
9. Add the tomato paste and seasonings. Continue sautéing for another minute or two until fragrant.
10. Stir in the grated tomato. Bring to a simmer and let the mixture cook over medium heat for about 5-10 minutes until thick and fragrant. Add salt and black pepper to taste.
11. Stir in the roasted eggplant and chickpeas. Continue to cook for another 5 minutes until the mixture is thick and stew-like.
12. Garnish with fresh chopped parsley or cilantro. Serve warm or at room temperature, not hot.

Nutrition Facts

Mnazaleh

Amount Per Serving

Calories 312 Calories from Fat 135

% Daily Value*

Total Fat 15g	23%
Saturated Fat 2g	10%
Sodium 78mg	3%
Potassium 898mg	26%
Total Carbohydrates 36g	12%
Dietary Fiber 11g	44%
Sugars 12g	
Protein 9g	18%
Vitamin A	23.8%
Vitamin C	30.6%
Calcium	7.7%
Iron	17.7%

* Percent Daily Values are based on a 2000 calorie diet.

