

FOOD & WINE

Inspiration served daily

RECIPE



© Kana Okada

Curried Eggplant with Chickpeas and Spinach

Contributed by **Grace Parisi**

ACTIVE: 15 MIN

TOTAL TIME: 45 MIN

SERVINGS: 4

Canned chickpeas are often used in salads or hummus, but **Grace Parisi** roasts them here with eggplant, prewashed spinach and onion to make a great vegetarian main course.

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FAST **HEALTHY** **MAKE-AHEAD** **VEGETARIAN**

INGREDIENTS

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2 large garlic cloves, minced

Kosher salt

2 teaspoons Madras curry powder

1/2 cup vegetable oil

1 medium eggplant (about 1 1/2 pounds),
peeled and cut into 3/4-inch pieces

1 large onion, cut into 1/2-inch wedges

One 15-ounce can chickpeas, drained

1/4 cup finely julienned fresh ginger

Freshly ground pepper

One 5-ounce bag baby spinach

Warm naan and plain yogurt, for serving

DIRECTIONS

1. Preheat the oven to 425°. On a work surface, mash the garlic to a paste with a pinch of salt. In a large roasting pan, mix the paste with the curry powder and vegetable oil. Add the eggplant, onion, chickpeas and ginger, season with salt and pepper and toss well. Spread the vegetables in an even layer and roast for about 30 minutes, stirring once or twice, until the eggplant and onion are tender. Stir in the spinach and roast just until wilted, about 2 minutes. Serve with warm naan and yogurt.

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