

# Joy of Living Cooking School

## August 2024 – Eggplant Revisited

### Roasted Eggplant Boats (4 servings)

2 large Eggplants  
Water for frying  
1 Onion, diced  
2 cloves Garlic, minced  
1 Red Bell Pepper, diced  
2 Tomatoes, diced  
1 Zucchini, diced  
1 teaspoon Dried Oregano  
1 teaspoon Dried Basil  
1/2 teaspoon Paprika  
Zest of 1 lemon  
Juice of 1 Lemon  
Parsley, chopped (for garnish)



Nutrition Facts	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>247</b>
% Daily Value*	
Total Fat 5.1g	7%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 52.2g	19%
Dietary Fiber 21.3g	76%
Total Sugars 8.9g	
Protein 11.1g	
Vitamin D 0mcg	0%
Calcium 608mg	47%
Iron 18mg	98%
Potassium 1514mg	32%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Preheat oven to 375° F.

Cut eggplants in half lengthwise and scoop out the flesh, leaving a 1/2-inch border around the edge. Roughly chop the scooped-out flesh and set aside.

Preheat a large skillet on high heat. Sauté onion until soft, about 3 minutes, adding a teaspoon of water when needed to prevent sticking. Add the garlic and cook until fragrant, about 1 minute. Add the eggplant and bell pepper. Cook for about 10 minutes until the eggplant is softened. Stir in the tomatoes, zucchini, oregano, basil, and paprika. Cook another 5 minutes until the tomatoes soften. Remove from heat and add the lemon zest.

Place the eggplant halves on a baking sheet. Fill the halves with the mixture, packing them tightly. Bake for 25-30 minutes until the eggplant shells are soft and the filling is warmed through.

Remove from pan and sprinkle with chopped parsley and a squeeze of lemon juice.

Serve warm.

# Joy of Living Cooking School

## August 2024 – Eggplant Revisited

### Eggplant Stir-Fry (4 servings)

Water for frying  
1 Onion, thinly sliced  
3 cloves Garlic, minced  
1 inch Ginger, minced  
2 large Eggplants, cubed  
1 cup Mushrooms, sliced  
2 Red Bell Pepper, sliced  
1 cup Snow or Sugar Snap Peas  
3 tablespoons Liquid Aminos  
2 tablespoons Tahini  
Cilantro, chopped (for garnish)



Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>373</b>
	% Daily Value*
Total Fat 19.5g	25%
Saturated Fat 2.9g	14%
Cholesterol 0mg	0%
Sodium 144mg	6%
Total Carbohydrate 44.4g	16%
Dietary Fiber 9.4g	33%
Total Sugars 6.1g	
Protein 12.8g	
Vitamin D 60mcg	300%
Calcium 281mg	22%
Iron 7mg	40%
Potassium 911mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Preheat a large skillet on high heat. Sauté onion until soft, about 3 minutes, adding a teaspoon of water when needed to prevent sticking. Add the garlic and ginger and cook until fragrant, about 1 minute. Add the eggplant, mushrooms, and bell pepper. Cook for about 10 minutes until the eggplant is softened.

In a small bowl, combine the aminos and tahini. Add water if needed to create a pourable mixture.

Reduce the heat to medium. Pour the tahini mixture over the vegetables and stir to coat evenly. Cook another 2-3 minutes.

Remove from pan and sprinkle with chopped cilantro.

Serve warm.